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QUEENSLAND

FRUIT

and

HOW TO USE IT



1/-

Issued by
New Settlers League of Australia (Q'land Division)
in conjunction with
Committee of Direction of Fruit Marketing

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Sanitarium Health Food Co.

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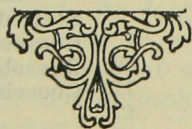
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QUEENSLAND FRUIT and HOW TO USE IT

Compiled for the purpose of encouraging Queensland housewives in a greater appreciation of the virtues of a fruit diet, and assisting them in the preparation of attractive and wholesome fruit dishes.



Price
One Shilling

Cordial acknowledgment is made of assistance rendered by Mrs. J. Hill, Glen Boughton, Cairns, and the Woman's Committee of the New Settlers' League in the preparation of this book.

Issued by
NEW SETTLERS' LEAGUE OF AUSTRALIA
(QUEENSLAND DIVISION)

in conjunction with
THE COMMITTEE OF DIRECTION OF FRUIT MARKETING
1926

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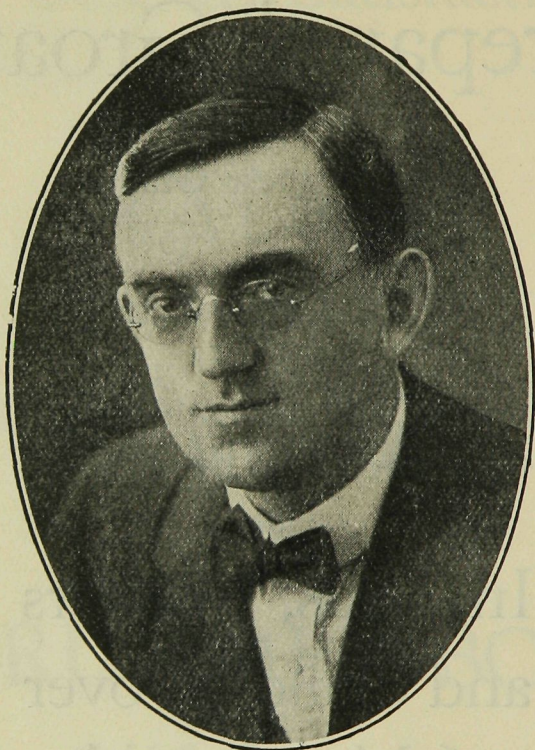
A Perfect Food

FOREWORD

by

Hon. WILLIAM FORGAN SMITH

*Minister for Agriculture,
Queensland*



THE New Settlers League of Australia (Queensland Division) is to be congratulated upon its praiseworthy action in directing attention to Queensland fruit and how to use it.

Queensland, with its wide range of climate and suitable soil, produces numerous varieties of fruit. Practically every kind of fruit that is grown in the temperate sub-tropical, or tropical zones, can be grown successfully in Queensland. Frequently I feel that many of the tropical fruits are not fully appreciated by the people of this State, and it is regrettable that these fruits do not behave more satisfactorily under cold storage conditions, and allow of their disposal at Covent Garden and elsewhere, where they would command prices more in keeping with their excellence.

FRUIT : AND HOW TO USE IT

Anything that will tend to popularise the use of fruit in any form and help to create a demand for all classes of fruit must naturally prove of benefit to the fruitgrower. Consequently the information contained in this publication, which is written specially to encourage the consumption of fruit, should not only enable the consumers of fruit to make the best use of fruit, but also create an increased demand and a larger home consumption, and thereby provide a more healthy market for the producer.

Any effort that will result in a material increase in the consumption of fruit throughout this State particularly, or throughout Australia generally, must undoubtedly prove of benefit to the health of the community, as there is no question but that an adequate and regular supply of fruit to all persons living in tropical and semi-tropical climates is conducive to better health, as fruit, no matter whether it is used in a fresh state, or preserved in any of the many forms described herein, is Nature's greatest means of keeping the body in a healthy condition.

All fruits are rich in vitamins, and these act beneficially upon the system, and tend to keep the body in a perfect state of health. This applies particularly in our inland districts, where fresh vegetables are frequently unprocurable, and where the use of fruits either in a fresh or preserved form, will materially assist in keeping the body in a healthy condition.

The steps taken by the Queensland Division of the New Settlers' League of Australia, to popularise the use of fruit are most worthy, and in my opinion will prove of benefit to the fruit producers of this State, and at the same time be to the advantage of the consumers.

W. J. Morgan Smith

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FOR ALL BAKING AND COOKING
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MAKES BETTER SCONES, CAKES,
PASTRY and BREAD.

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9-ozs. Klepalo. 20-lbs. Plain Flour. 4-ozs. Bicarb. Soda.
Mix thoroughly through a sifter and use as required.
Wholemeal S.R. Flour can be made by using half wholemeal and half Plain Flour.

KLEPALO BAKING POWDER

9-ozs. Klepalo. 4-ozs. Bicarb. Soda. 4-ozs. Cornflour.
Mix well together through a sifter and put into an airtight container. For each pound of flour use $1\frac{1}{2}$ teaspoonfuls of above mixture.

FOR GENERAL USE

To each pound of plain flour use 1 heaped teaspoonful of Klepalo and half the quantity of Bicarb. Soda, or $\frac{1}{2}$ oz. Klepalo to $\frac{1}{4}$ oz. Soda.

Ask your Grocer for Klepalo to-day.

In $\frac{1}{4}$, $\frac{1}{2}$, and 1 lb. Packets only.

The New Settler's League of Australia

“IT is difficult, if not impossible, for any central Government organisation to provide all the help, supervision, and facilities which public opinion deems requisite for the settlement of State-aided migrants” (says a recent report of the Overseas Settlement Committee, London). It would seem that what is required is the establishment of centres overseas, either under control of local officials or, perhaps preferably, of voluntary organisations utilised and encouraged by the Governments. To these centres new migrants should be encouraged to look for help and advice, and to these centres they should be encouraged to return when in difficulty. If such a system were definitely established it would be easy for overseas representatives, and all who co-operate with them in this country, to satisfy intending immigrants as to their future welfare overseas. Under such a system the new settlers would have every reasonable chance of settling contentedly and successfully. Once settled they would rapidly recruit others from among their friends and relatives in this country, thus securing an ever increasing flow of migration, and eventually—it may be hoped—making Government intervention and State-aid largely unnecessary.

The purpose of the New Settlers' League of Australia is to promote the introduction of selected people from overseas, and to ensure their welfare upon arrival. When New Settlers arrive the League takes an active part in their reception, and through its country branches endeavours to find employment for those seeking it. In this connection the Queensland Division of the League has been entrusted by the State Government with the placement and after care of all lads coming to Queensland under the British Farm Lads Scheme. To date (March 1926), nearly two thousand lads have been so placed, and further parties of one hundred are arriving monthly.

Employment is not found in the city for New Settlers.

SERVICE FREE.

All members of the League (excepting the small headquarters staff) are honorary workers who are anxious to see their kinsmen from overseas given every facility for advancement that exists in this glorious part of the Empire. No fees are charged by the League.

GOVERNMENT OF LEAGUE.

The New Settlers' League co-ordinates the immigration efforts of the Churches, all existing welfare organisations, national societies, etc., and is governed by a council of fifty members elected at the annual conference of the League, when delegates from all affiliated organisations and country branches meet to discuss matters relating to migration and settlement.

ADDRESS OF HEADQUARTERS.

For the special convenience of migrants the League's Headquarters are situated in the Immigration Building, Main Street, Kangaroo Point, Brisbane. Visitors to the office should take the cross river ferry steamer at the Customs House. After landing at Kangaroo Point the Immigration Building is but two minutes walk.

Correspondence should be addressed to the General Secretary, New Settlers' League of Australia (Queensland Division), Main Street, Kangaroo Point, Brisbane.

IMMIGRATION.

Australia's need of a population far in excess of the young people with high ideals. We aim to keep a whole present six millions is beyond argument. We are a continent all white and all British. We aim to keep our soil clean of bloodshed. We desire peace in perpetuity in our own home. It is a splendid ideal, and it is attainable.

If it is to be attained every individual in the Commonwealth will need to do his share. Governments can do much, but without the co-operation of the people the best laid schemes are unlikely to be wholly successful. The New Settler, having adopted Australia as his home, shares the responsibility in this matter with the native born, and in many ways is able to do more than the native born towards attaining our ideal.

MARKETS AND MIGRATION.

They who have so lately left the U.K. are almost bound to know friends there who would make desirable additions to our population, and who await a little encouragement from Australia to make them throw in their lot with us. And again as the problem of marketing our products is very closely wrapped up with our ability to absorb more and still more of

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If your grocer has not already stocks, he will get "Wheateen" for you.



A Gartrell-White Product

our kinsmen from the U.K., every New Settler should make it a point of honour, when writing to relatives and friends in the U.K., to recommend to their use the Australian products on the Home Market.

It is quite the natural thing for the relatives of, say, a young man who has undertaken dairy farm work in Queensland to insist on using Australian butter in preference to foreign butter. Similarly with other products, such as meat, fruit, jam, cheese, etc. The friends at "home" would be making no sacrifice. They would find quality and cost more satisfactory than in the case of foreign products, and at the same time would be doing the Empire an important service.

In this way each New Settler in Australia would be practically finding a market for his own products, and so maintaining the present balance of trade and migration. The official efforts of Governments and trading organisations to create new markets would be additional, and therefore make possible the absorption more and more of the people we need.

BRING YOUR FRIENDS TO QUEENSLAND.

After having settled down comfortably, the New Settler's thoughts will turn to those friends in the old land who do not know enough of Queensland to realise how much happier they would be living under our ideal conditions, nor the opportunities that exist for advancement in such a young country. The Governments make liberal provision in the case of people in the U.K. who are "nominated" by friends in Queensland for an assisted passage. Certain responsibilities are placed upon the nominor. He gives an undertaking to care for the nominee upon arrival, and to see that the nominee does not become a charge on the State or any public benevolent institution for at least one year after his arrival.

However, a New Settler knows his friends, and is unlikely to encourage the migration of a drone who would become a burden on the country.

HOW TO APPLY.

Application should be made to the Immigration Agent, Main Street, Kangaroo Point, or, in the case of country residents, to the nearest Clerk of Petty Sessions. The Clerks of Petty Sessions are sub-immigration agents and will always be glad to supply information regarding the ruling rates of passages for nominated migrants.

The Committee of Direction of Fruit Marketing

THE Committee of Direction of Fruit Marketing has been constituted by Act of Parliament to attend to the marketing of Queensland fruit. Any seven fruit growers can form a fruitgrowers' association in a district and these associations are linked to the Committee of Direction by committees drawn from the associations representative of sectional interests. There are five such sections:—

Banana
Pineapple

Citrus Fruits
Deciduous Fruits

and Other Fruits.

A new settler taking up fruitgrowing has, therefore, an organisation which will assist him at any stage of his marketing. Transport is provided to any market and by combining individual consignments, a huge trade has been developed with the Southern States. About 1000 tons of Queensland fruit is sent South each week necessitating ten special trains on the Queensland Railways, and during the summer six additional special trains bring 700 to 800 tons weekly, of deciduous fruit and vegetables to the Brisbane market. The Committee makes arrangements with the jam manufacturers and cannery to purchase surplus quantities of pineapples, peaches, strawberries, plums, apples, etc. A wholesale fruit and vegetable agency and banana agency have been established in Brisbane and Rockhampton, and the Committee has representatives watching the growers' interests on the Sydney and Melbourne markets.

The housewives, however, will be more interested to know that the Committee is making a big effort to effect economical distribution from the grower to the consumer. To this end two fruit shops and two fruit stalls have been opened, the two shops being the Valley Fruit Exchange, opposite T. C. Beirne's, and the Growers' Fruit Exchange, opposite Overells' in Brunswick Street, Valley. The stalls are situated, one in Edward Street and the other at the Roma Street Railway Station Gates. Four fruit barrows operate in Brunswick Street, and one in Edward Street, also belonging to the Committee. At each of these establishments the fruit is supplied in a printed bag, and the Committee guarantee the goods they sell. Supplies for these retail activities are obtained from the Committee's wholesale section, so that there is a direct link between grower and consumer. The Head Office of the Committee of Direction is Turbot Street, Brisbane.

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Every housewife and cook should know the quality and purity of Aunt Mary's Baking Powder. It is the ideal leavener that gives satisfaction always. Makes light, digestible, appetising foods—

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Tomato Sauce, and
Canned Pineapples**

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HARGREAVES

**J. Hargreaves & Sons Ltd.
Manly—Queensland.**

Queensland Fruit Products

AS an article of diet the food value of good quality jams cannot be over-estimated. During the war period, huge shipments of Australian Jams were made for consumption by the troops overseas, the War Office recognising that no diet offered better sustenance to the men, whose hardships called for the most nutritious food-stuffs. In a climate such as Queensland, there should be a larger consumption of jams than at present obtains, as besides being a diet always palatable particularly during the warmest weather, it has the great advantage of possessing health-giving properties unequalled by many other food-stuffs in daily use. Queensland stands in a unique position as a fruit producing State, growing as it does many sub-tropical delicious fruits not cultivated in other States. Mothers would be well advised to give their children liberal helpings of jams made from local fruits, such as Marmalade, Melon and Lemon, Apple Jelly, Fig, Cape Gooseberry, Strawberry, Plum, Pineapple, and Peach. These varieties as turned out at the Queensland State Cannery are of great food value, and housewives will find them economical and beneficial as a table delicacy at all times.

Canned Pineapple.—It is well known to the medical profession that this luscious fruit, which in season, is abundant in Queensland, possesses qualities which many other varieties cannot offer. While the fresh fruit is not obtainable in large quantities all the year round, it is pleasing to know that with the up-to-date methods employed by the canning factories, the preserved article can be purchased at all periods at a reasonable cost and in a form both economical and excellent.

Tomato Sauce.—The famous Stanthorpe district, well known as the chief fruit-growing area in the State, has of late come to the front as a large producer of tomatoes. The consumption of Tomato Sauce in Queensland is considerable, and is fast increasing. There can be no doubt that with the rapid expansion in population tomato cultivation offers a promising field to settlers embarking in the fruit industry.

The Medicinal Value of Queensland Fruit

FRUIT is an essential part of a healthful dietary. It is much less of a luxury than sweets and chocolates, of far greater value to health, and on the whole, less expensive.

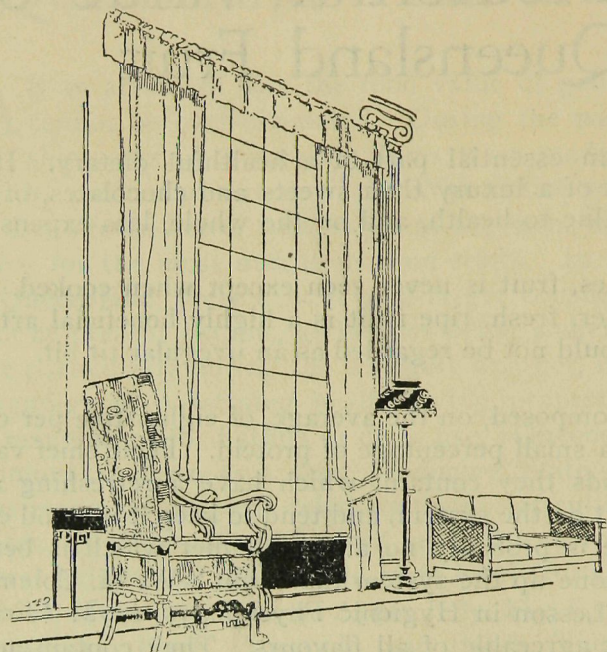
On many tables, fruit is never seen except when cooked. In season, however, fresh, ripe fruit is a highly beneficial article of diet and should not be regarded as an irregular tit bit.

Fruits are composed, on the average, of eighty-five per cent of water, and a small percentage of proteid. Their chief value lies in the acids they contain, which have a refreshing and cleansing effect on the system, and tend to keep it in good condition. There is probably no article of diet which is better calculated to tone up the system than fruit. W. M. Coleman, B.A., in his "Lesson in Hygienic Physiology," says: "Fruits have the most agreeable of all flavours. They contain acids that kill germs and keep the food tube pure; they furnish valuable mineral salts that are needed by the tissues; they contain sugar in its most digestible form. Since fruit juices kill germs, a fruit diet for a day will often purify the food tube, relieve constipation, and ward off a threatened bilious attack. Fruit is pleasanter medicine than drugs, and costs less."

Fruit can be prepared in a variety of ways. Most fruits are equally good in a cooked form. Baked sweet apples are probably the most digestible of fruits, and are very wholesome. Apples eaten raw and with the skin are excellent. Fruits can also be made up into delicious and very wholesome salads.

Probably the most generally favoured article of diet for invalids is the baked apple, but, however served, either raw or cooked in one of the many known ways, the apple is a strength builder. The value lies in the exceptionally large percentage of phosphorus contained in the skin and flesh of this fruit. The other deciduous fruits—pears, peaches, plums, etc.—contain the same valuable property in a greater or lesser degree.

Comparatively few people realise the true value of our tropical fruits, particularly the pineapple and pawpaw.



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are equally well advised to buy
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from the makers. There are
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money - saving opportunities
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2 per cent. on amount in excess of £1,000 and not exceeding £10,000.

1 per cent. on any amount in excess of £10,000.

$2\frac{1}{2}$ per cent. on all income received.

Provided that on all Life Assurance Moneys and Assets transferred without realisation the charge shall be $1\frac{1}{4}$ per cent.

INTESTATE ESTATES—

5 per cent. up to £200.

$2\frac{1}{2}$ per cent. over £200 and up to £1000.

F. W. MOLE, Public Curator

Conveyancer, Notary Public and
Commissioner for Affidavits.

The pineapple (*Ananas Sativa*) discloses an average composition in a fresh state of:—

Aqua (water)	85.83	Reducing Sugar	3.91
Protein	0.42	Cane Sugar	7.32
Free Acid (H ₂ SO ₄)	0.60	Starch	0.40
Insoluble Matter	1.52		

Pineapple juice contains enzyine and bromelin, which resembles pepsin, and can digest 1000 times its own weight of proteids in a few hours and can operate in acid, alkiline, or neutral media. From the juice is obtained **tincture ananassa sativa**, 25 to 30 minims of which taken with meals, furnishes a digestive unequalled in the whole pharmacaepia. Its value is not limited to its digestive virtues. After tonsillotomy, the tincture, either painted or sprayed on, prevent the formation of even the most minute suspicion of membranous-looking vindations, and the stumps will heal in from four to six days. It is also useful in cases of chronic tonsillar abscesses. Bacteriological examinations have shown it to have good effect on strepts and staphyls infection of the throat. The pure pineapple juice is proved to be a reliable vegetable ferment for dissolving necrosed tissue in quinsy, tonsilitis, boils, diphtheria, throat, etc.

From the papaw is obtained papain (syn. papaiyotian), an amorphorus powder, prepared from the juice. It is obtained by lightly incising the skin of the fruit, preferably while on the tree, with a bone knife, at intervals. The milky fluid which exudes is collected in a glass vessel containing a little water. The juice is rapidly dried in the sun, and while still warm is powdered. The colour of the dried papain will be light brown.

Papain is used as a digestive in chronic cases of dyspepsia. It will act in acid, alkiline, or mental media, similar to bromelin, and has the property of digesting fibrin, up to 300 times its own weight. The liquid preparations of papain are suitable for use in cases of enlarged tonsils. Ulcers on the tongue can be painted with a solution of papain 1-2 in 10 each of glycerine and water. It is also an expellant of worms, and a solvent of false membranes.

The leaves of the papaw have the property of rendering tender fresh meat when wrapped in papaw leaves. The juice of the fruit rubbed into the meat, or a piece of fruit placed in the water in which the meat is boiled, will have the same effect.

FRUIT : AND HOW TO USE IT

Citrus fruits have their own claims to recognition as valuable articles of diet. Oranges and lemons are not only valuable by reason of their potash salts, but especially for their citric acid contents. A case of paralysis of the entire right side is known where the juice of oranges, adopted as a regular diet, appeared to perform wonders. The effect of lemon juice on the throat is too widely known to require stressing, except to state that the ideal method of relieving colds and throat affections in children is by a course of honey and lemon—a medicine which is welcomed by children, and is as beneficial as it is pleasant to taste.

The banana is a body builder, and contains a considerable amount of starch. Even the youngest children may be fed on bananas, mashed and served with milk, and as well as being a most enjoyable food it is one of the most nutritious. Bananas spread on bread form a tasty item for the schoolboy's lunch, and should be included in every child's diet.

Medical men are unanimous in agreeing that every person in Australia would be enormously benefited in health by making a regular practice of eating fruit at least once a day.

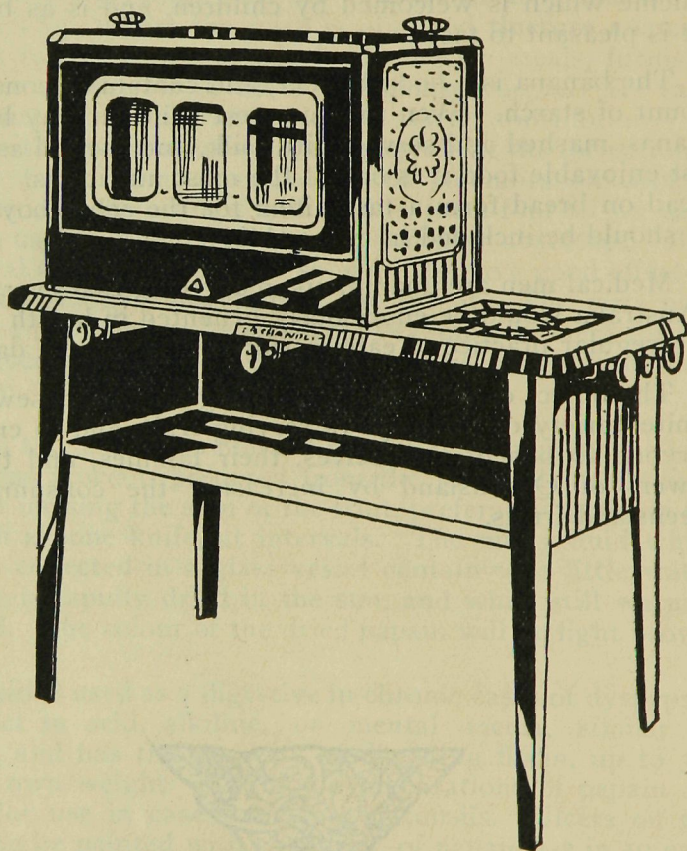
The object of this book is to bring before housewives the infinite variety of the ways of serving fruit, and to encourage everyone to benefit themselves, their families, and the fruit-growers of Queensland by increasing the consumption of Queensland fruits.



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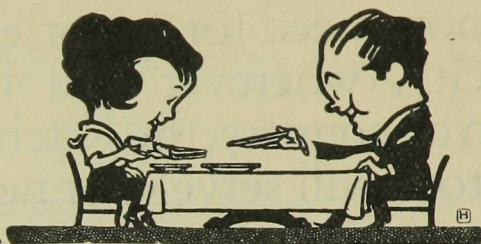
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Jams

MIXED FRUITS.

Six apples, 6 bananas, 4 lemons. Peel apples and bananas; cup up in slices about an inch thick; cut lemons into slices leaving out the pips. Put all in a preserving pan, and add 4 pints of water. Boil for two hours. Then measure $\frac{3}{4}$ lbs. of sugar to each pound of fruit, and boil till it jellies, or about another hour. Turn into pots as usual.

PEACH JAM.

To every pound of fruit, weighed after it is cut up, allow $\frac{3}{4}$ lbs. of sugar. Peel the peaches and cut into slices. Cover with 2lb. or 3lb. of sugar and leave all night. Next day boil for half an hour, or until the peaches are tender. Add the rest of the sugar, heated in meat tins in the oven. The sugar should be quite hot so that the jam does not stop boiling. From $1\frac{1}{2}$ to $2\frac{1}{2}$ hours of brisk boiling will generally suffice, depending on the peaches. The syrup should be rather thick when done.

PINEAPPLE AND TOMATO JAM.

Four pineapples, 2lb. tomatoes; grate pineapples, skin tomatoes, and cut them up fine, boil together for quarter of an hour, then add cup for cup of sugar; boil three-quarters of an hour or until it jellies; add juice of 3 lemons.

PLUM JAM.

Wash and dry plums; put in preserving pan whole, with $\frac{1}{2}$ cup water and allow 1lb. sugar to each pound of fruit, stir with wooden spoon, and allow to boil for one and a half hours. Remove all stones, pour into warm jars and seal down.

GRAPE JAM.

Put the grapes into a saucepan, boil for ten minutes, add $\frac{3}{4}$ lb. sugar to each pound of fruit; boil gently for an hour, skim off the seeds as they rise; pour into hot jars, and seal down when cold.

FIG JAM.

Figs make excellent jam, and are so rich in saccharine matter that they do not require much sugar to be boiled with them. To make the jam you need not peel the fruit, only cut off

the stalk end, and slice the other end a little. Cup up the fruit, and put in a preserving pan, using $\frac{1}{2}$ lb. of sugar and $\frac{1}{2}$ a lemon to every pound of fruit. Boil for three hours, stirring occasionally to prevent burning. A little ginger may be added also if liked.

PUMPKIN JAM.

Allow to each pound of pumpkin 1 lb. of sugar, 2 table-spoonfuls of lemon juice, the finely grated rind of a lemon, and $\frac{1}{2}$ a teaspoonful of ground ginger. Pare and halve the pumpkin, remove the seeds and slice into small pieces. Put it into a preserving pan, add the lemon rind and ginger, and 1 pint of cold water to 3 lb. of pumpkin; boil slowly for about one hour, then add the sugar and juice of the lemon; boil now for two hours or until you think it is cooked. Some pumpkins are hard, and consequently take more time than others.

MANDARIN CONSERVE.

Boil about 6 dozen mandarins, which should be small, with a small cup of salt and enough water to float them, for half an hour. Strain off the water, and boil them again in fresh boiling water for twenty minutes, with 1 teaspoonful of carbonate of soda. Take out the fruit, prick it all over with a fork, then weigh and add a breakfastcup of hot water, and 1 lb. of sugar to every pound of fruit. Boil for three hours or more; the liquid should be of the consistency of thick syrup. It is better to keep the fruit for a few days, as they then toughen and are not so liable to break in the cooking. When picking the fruit there must be a small piece of stalk left to prevent a hole exposing the pulp of the mandarin; after keeping a few days; this will easily rub off. If any of the fruit should break in the first cooking, throw them away, as the salt will have affected them. This conserve is delicious eaten with blanc mange.

RHUBARB JAM.

To every 1 lb. of rhubarb add 1 lb. of sugar, and about 1 oz. of crushed root ginger. Bring well to the boil, and boil for twenty minutes if the rhubarb is young, but up to three-quarters of an hour if the fruit is old. Stir in a little almond essence before potting.

MANGO JAM.

Take mangoes, nicely coloured, but quite firm, cut from the seed and cut into dice. Cut 4 heaped breakfastcupfuls of mango and put it on to boil with 2 cups water, boil gently for quarter of an hour, then add 4 level cups of sugar and boil briskly for 20 or 30 minutes.

APPLE JAM.

Peel, core, and quarter 4lb. of good cooking apples; put them into a preserving pan with 3lb. of sugar and the grated rind and juice of 6 lemons and a pint of water. Boil and stir, until reduced to a pulp, for about one hour slow boiling. Bottle and tie down when cold.

MANDARIN JAM.

To every pound of mandarins allow 1lb. of sugar and 1 pint of water. Cut up the mandarins very finely, and pour the water over them boiling. Leave till the next day then put on the fire and boil till tender, then add the sugar, and boil till it jellies. Try a spoonful on a plate and let it cool.

MELON JAM.

To every 3lb. of melon allow 2lb. of sugar and 3 lemons. Peel the melon, cut into cubes, removing all the pips; put in a preserving pan overnight, covered with sugar. Next morning put on to boil. Peel the lemons very thin, and squeeze the juice. Cut the lemon peel into very fine shreds and put the juice in with the melon and sugar. Boil for six hours, or until it jellies. Some prefer it flavoured with ginger. For a whole melon, weighing about 18lb. when cut up, add a small jar of preserved ginger.

GREEN TOMATO JAM.

Take 8lb. green tomatoes and 6lb. of sugar; tomatoes must be quite firm and sound with no sign of colour, cut into small pieces, mix sugar with a little water in a saucepan, add fruit, boil as for ordinary jam; do not add any other ingredients whatever. This is a delicious jam.

ROSELLA JAM.

Cut off tips and remove seeds of rosellas, cover with water and boil for one hour, then strain through a muslin bag; to this juice add the rosella leaves and boil for twenty minutes; measure or weigh, and add either cupful for cupful or weight for weight, of sugar, and boil again for twenty minutes, rapidly, stirring frequently.

PASSION FRUIT JAM.

Cut the fruit in two and take out the inside; take quarter of the skins and boil them in water until quite tender. Scoop out the pulp from the shells with a spoon and add it to the seeds and juice, add 1lb. sugar to 1lb. fruit, and boil until of proper consistency.

APRICOT JAM.

Cut in halves and remove the stones, put the fruit aside for night, and add some sugar to create a syrup, put on a gentle fire and boil for one hour; crack the stones and blanch kernels, and add to the jam as it gives a flavour. Use 1lb. sugar to 1lb. of fruit. Do not add any water as it will be quite firm.

TOMATO JAM.

Twelve pounds ripe tomatoes, 4lbs. full but quite green tomatoes, 16lb. sugar, 2 pints water, and the juice of 3 or 4 lemons; boil from half to three-quarters of an hour briskly, and it will jelly nicely.

ORANGE CONSERVE.

Cut some sweet oranges into 8, remove the centre pith; add a large cup of water to each orange, and let stand all night. Put the pith and seeds into a separate basin and cover with part of the water. In the morning strain and add the liquid to the oranges. Boil till the skins are soft, about two hours. Then add $\frac{1}{2}$ lb. sugar for each orange and boil again for one hour.

STRAWBERRY JAM.

Pick the strawberries and cut each in half lengthwise. Weigh the fruit and allow 1lb. of sugar to 1 of cut fruit and the juice of 2 large lemons to each pound. Allow the strawberries and sugar to stand two or three hours. Put into your preserving pan and stir till it comes to the boil, to prevent catching. Let it boil rapidly for half an hour to forty minutes, or until the syrup jellies. Allow the jam to cool before bottling, pour into heated jars, and cover down when cold.

GUAVA JAM.

Choose large guavas and cut them up small, put them in a preserving pan with a gill of water to each pound of fruit, bring to the boil, and simmer them steadily till the juice flows freely, and is of a nice pink colour (this will take close on four hours), then strain it through a delicately clean cloth without pressure, weigh this juice, and to each pint allow the juice of a good lemon and 1lb. of preserving sugar; return this to the preserving pan, and simmer it gently till it begins to set; pot and cover down tightly.

SWEET ORANGE JAM.

Two oranges, 10 quarts water, 10lbs. sugar, slice oranges very thin, taking out the pips, cover with the water and leave overnight; boil down one half (5 quarts) then add sugar, and boil till it will jelly.

FRUIT : AND HOW TO USE IT

CAPE GOOSEBERRY JAM.

Allow weight for weight of sugar and fruit; bruise some ripe fruit in the bottom of the pan, boil without the sugar for about fifteen minutes, add remainder of the fruit and sugar and boil for one hour.

LOQUAT JAM.

Peel and stone the loquats, and to every 4lb. loquats add 1 pint of water, boil until soft, then weigh, and add 1lb. sugar to 1lb. fruit. Boil three-quarters of an hour, or until thick.

BLUE-PLUM CONSERVE.

Five pounds large blue plums, 5 oranges, 1 package of raisins, 1lb. walnuts, 3lb. sugar. Stone the plums, and cut them into quarters. Wash the oranges, quarter and take out seeds; then grind them through a food chopper. Chop the raisins. Mix all together with the sugar, and let stand overnight. Cook slowly until the plum skins are soft; then add the nuts, chopped, and put into jars.

DATE JAM.

A delicious jam may be made from dates. Take 1 packet of lemon jelly, 3 pints of water, 2lb. of dates. No sugar is required. Dissolve the jelly in the water. Stone the dates into a saucepan, pour the liquid over them and boil for twenty minutes. Place an asbestos mat under your pot to prevent the jam burning.

GREEN GOOSEBERRY JAM.

This jam must be made when the gooseberries are fully grown but still green, before they begin to ripen. Six lb. of fruit, 3 pints of water, 9lb. of sugar. Make the sugar hot in the oven, then put it into the preserving pan. Pour on the water and bring it slowly to the boil, then boil quickly for half an hour. Add the gooseberries (previously topped and stalked) and boil until the jam sets when tested, which will be in about half an hour. Pour into warm, dry, clean jars and cover when cold.

PINEAPPLE JAM.

Cut up pineapple in shreds over-night, put over shreds $\frac{3}{4}$ lb. sugar to every pound fruit, and the juice of 1 lemon to every 4lb. fruit, and 2 tablespoonfuls of water, next morning boil until clear and the colour of pale honey, which will take about three-quarters of an hour. Tomatoes, green or ripe, may be added to this, and is very nice indeed.

Jellies

RHUBARB JELLY.

Cut up the stalks without peeling, then steam them till very soft, lay them in a sieve to drain overnight, or put in a jelly-bag, as preferred. Measure the juice, and allow 1lb. of sugar to every pint of rhubarb juice. Let it simmer for ten minutes, or until it begins to thicken on the edge, then add the sugar, and let it simmer till it jellies on the spoon, or when dropped on a cool plate. Remove the scum carefully as it forms, turn into glass bottles, and when cold cover closely.

APPLE JELLY.

Green apples or windfalls can be used for this jelly. Wash them, and cut them up without peeling or coring; put them in the preserving pan, and barely cover them with cold water. Add one or two lemons and some bruised ginger, and boil till quite soft; strain well, then add a heaped cup of sugar to each cup of juice; boil gently from seven to fifteen minutes from the time it comes to the boil; test at intervals, to see if a little put on a plate will jelly, and skim well. Use a jelly bag or folds of buttercloth for straining.

ROSELLA JELLY.

Remove the pods and to every quart of husks allow 1 pint of water, boil fifteen minutes, strain through a jelly bag and to every pound of juice allow 1 $\frac{1}{4}$ lb. sugar. Boil for fifteen to twenty minutes.

GRAPE JELLY.

Pick grapes off stems, put in a preserving pan, bruising some to make a liquid; boil for fifteen minutes. Strain through a jelly bag, allow 1lb. of sugar to 1lb. of juice, and boil quickly for fifteen to twenty minutes. Jelly must not be made of fruit that is damp or picked during wet weather.

LEMON JELLY.

Take 6 lemons, cover with 12 cupfuls of water, boil and reduce to about 6 cupfuls; strain, and next day add 6 cupfuls water; when boiling add 12 cupfuls sugar, and boil for about one hour or until it jellies.

PINEAPPLE JELLY.

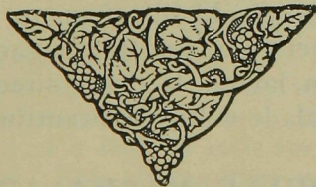
Allow weight for weight of pineapples and good baking apples, weighing each in their skins; quarter the pineapples, and keep them well covered with water whilst boiling; both are boiled in their skins separately. Strain through colander and jelly bag made to fit the colander; allow weight for weight of sugar and juice and boil till it begins to thicken.

GRAPE AND GUAVA JELLY.

Half ripe fruit. Equal quantities fruit and boiling water; stew fast one hour, strain, use equal quantities juice and sugar, boil fast till it jellies.

ORANGE JELLY.

This is preferred by some folk to marmalade. Peel 12 oranges and scrape off every bit of white skin—if any of the white is left it will make the jelly cloudy. Slice the fruit into a preserving pan. There will be a certain amount of juice, but add sufficient water to barely cover the fruit. Boil until the fruit is reduced to a pulp. Pour into a jelly bag and let it drain until next day. To every cup of juice allow 1 cup of sugar and boil until a little will jell when tested in a saucer.



Marmalades

TOMATO MARMALADE.

Allow 1lb. of sugar to 1lb. tomatoes and 1 lemon or more to each pound of fruit. Slice the lemons up, then take out the pips and boil in sufficient water to cover till tender. Put sugar into preserving pan with small quantity of water, as for toffee, and boil till it comes to the crack degree, then add gradually the sliced tomatoes and lemons so as not to stop the boiling. Boil till it jellies.

APPLE AND LEMON MARMALADE.

Take 3lb. of apples, 3 lemons, 4½lb. of sugar, and 3 pints of water. Cut the lemons in thin slices, and let them stand in the water over-night. Boil until soft, add the sugar, then the apples cut in thin slices. Boil until thick enough.

ROYAL MARMALADE.

Cut 6lb. of good oranges (not too ripe) in very thin slices, take out the seeds and put them in a little muslin bag. To every pound of fruit add 1 quart of rain water. Let them stand for two days. On the third day, put the fruit and the bag of seeds on the stove and boil for half an hour. Remove the pan from the fire, and let it stand just as it is for twenty-four hours. On the next day take out the seed-bag, weigh the pulp, and to every pound add 1lb. of sugar. Let the pulp come slowly to the boil before adding the sugar, then boil fast for three-quarters of an hour. If these directions are followed carefully, the marmalade will jelly beautifully.

SEVILLE MARMALADE.

Take 2 lemons to every 12 oranges (Seville), 1 pint of water to every orange and lemon, and 1lb. of sugar to every pint of water. Slice the oranges very thin, throwing away the seeds. Steep for twenty-four hours in the water, then boil for two hours. After this, add the sugar and boil for half an hour. Make the jars hot before putting in the marmalade. Cover at once.

FRUIT : AND HOW TO USE IT

SWEET ORANGE MARMALADE.

Take 16 sweet oranges, 8 Seville oranges, and 5 lemons. Choose fruit with smooth skins and highly-coloured. Slice them from end to end or in quarters with a sharp knife. To every pound of fruit add 1 quart of cold clear water, and let it stand for twenty-four hours. Boil them until the slices are tender. This should take about two hours' slow boiling. Let the marmalade stand until next day, then weigh it, and to every pound of fruit add 1 $\frac{1}{4}$ lb. of sugar. Boil till the syrup jellies and the slices are tender and transparent. This takes about another hour after it begins to boil. This is a very good recipe.

TOMATO MARMALADE (No. 2).

To each pound of ripe tomatoes, peel and slice, add the rind and juice of one and a half lemons, and 1 lb. sugar. Boil for one and a half hours.

APPLE MARMALADE.

To make apple marmalade, pare, quarter, core and slice enough apples to make 4 lbs. Wash 3 lemons, and slice them very thinly; add them to the apples, with 1 quart of water. Cook until the apple is soft, press through a colander, and measure; add an equal amount of sugar and 1 $\frac{1}{2}$ cupfuls of blanched almonds cut into pieces. Stir and cook until thick like jelly. Pour into glasses, and, when cold, seal.

APRICOTS AND PINEAPPLE MARMALADE

Pare and stone the apricots, place in a large bowl, and add an equal bulk of white sugar. To 5 lbs. of apricots allow 1 large can of grated pineapple, 1 dozen apricot kernels, blanched and cut into fine strips, and 3 lemons. Peel the lemons, cut the thin yellow rind of 2 lemons into very small pieces, and slice the pulp thinly. Boil all together until thick, or about three-quarters of an hour. Pour into glasses, and treat like jelly when cold.

STRAWBERRY MARMALADE.

Strawberries preserved whole are a delicious conserve. Wash and hull ripe, firm strawberries. Add to each cupful of berries an equal amount of sugar. Place in layers in a bowl, putting a thick layer of berries first. Let stand for two

days. Turn into a preserving pan, and cook gently until the marmalade is thick; add, just before removing from the fire, the juice of a lemon to each 4 cupfuls. Store like jelly. This is very good; the berries will be whole, surrounded by a thick clear jelly.

GOOSEBERRY MARMALADE.

Gooseberries and oranges make an excellent marmalade. Top and tail the gooseberries; wash, drain, and place in a jar, with an equal measure of white sugar. To 3 pints of berries use four oranges and 2 lemons. Peel off the rind very thinly, and shred into threads. Cover with a cupful of water, and let stand over-night. Add the thinly sliced pulp of the oranges and lemons to the berries, with an equal measure of sugar. Let stand until following day. Add all together and cook until thick; pour into glasses, and seal.

ORANGE AND PINEAPPLE MARMALADE.

Six oranges, 1 large or 2 small pineapples, 4lb. sugar and $1\frac{1}{2}$ quarts of water are the ingredients for this delicious marmalade. After washing the oranges soak them in the water over-night. Boil them in the same water until tender. Then cut them into slices and put the pineapple through a mincer, or shred finely. Put all into a preserving pan with the sugar and boil until the mixture shows signs of setting.

PEAR AND PINEAPPLE MARMALADE.

Another extremely good marmalade calls for 4lb. of pears, 4 lemons, and a can of grated pineapple. Peel and core the pears, cook, in enough water to prevent them from burning, until red and quite soft. Rub through a colander. Peel the lemons, shred the yellow rind, and cut the pulp small; add all with the pineapple, to the pears, with an equal measure of sugar. Cook for one hour. This is improved by adding blanched shredded almonds. Let the mixture cook for ten minutes longer.

RHUBARB AND ORANGE MARMALADE.

Five pounds of rhubarb, 6 medium-sized oranges (Navels are the best), three large lemons, $1\frac{1}{2}$ lb. of almonds, and sugar. Wash and trim the rhubarb stalks, and cut them into very thin

slices. With a meat board upon which to rest the stalks, 2 or 3 can be held at once and the slicing done most expeditiously with a thin sharp knife. Peel the yellow rind very thinly from the oranges and lemons, remove the thick white pith, slice the pulp, and add to rhubarb. Cut the yellow rind of 3 of the oranges and 1 lemon into tiny strips; add to the other ingredients, with sugar in measure to total quantity. Tie the remainder of the peel in a bit of cheesecloth, and remove it after the marmalade is cooked. Stir the mixture thoroughly, and set aside overnight. Boil until thick—about three-quarters of an hour will suffice—then add the almonds, which have been shelled, blanched, and sliced, boil for ten minutes longer, pour into glasses and when cold, cover with paraffin.

GRAPEFRUIT MARMALADE.

One orange, 1 grapefruit, 1 lemon, water, sugar. Shave the orange, the lemon and the grapefruit very thin, rejecting nothing but the seeds and cores. Measure the fruit, and add to it 3 times the quantity of water. Let it stand in an earthenware dish overnight, and next morning boil for ten minutes only. Stand another night, and on the second morning add pint for pint of sugar, and boil steadily until it jellies. The product should have a lumpy appearance quite different from most marmalades, the strips of fruit being well defined in a clear pale jelly. To bring this about, stir as little as possible during the two hours or more of cooking which is required.

LEMON MARMALADE.

Choose nice-fresh large lemons with smooth skins, and for every 2 lemons allow 3 breakfastcupfuls of water and 1lb. of sugar. Wipe the lemons and slice them very finely, leaving out only the hard bits of skin and the hard ends. Steep the sliced lemons in the water, but reserve a little of the latter in which to steep the pips separately. Allow the sliced lemons to stand overnight, and then boil moderately for two hours. After straining the pips add the liquid to the jelly-pan and also the sugar. Following this addition, the whole mixture is boiled for another half hour. It is not absolutely necessary to cover the marmalade immediately after it has been potted. It may be covered equally well when it is cold as when it is hot.

Preserves and Pickles

CANDIED ORANGE AND LEMON PEEL.

Do not waste the skins of oranges and lemons or citrons, but keep all those that are sound and not too ripe. Clean them, but leave all the thick outer skin and soak for three days in a brine of 1lb. salt to 4 quarts of water. Then soak in clear fresh water for one day. Boil the peel in fresh water until tender. Drain and cover the peel with a syrup made with 4lb. sugar to 4 quarts of water. Boil for three-quarters of an hour or until the peel looks clear. Drain again and cover with a fresh syrup made with 6lb. sugar to 3 pints of water. Boil carefully over a slow fire, stirring very gently until the sugar crystallises. Take out the peel and if it has not crystallised place in a cooling oven or in the sun. When thoroughly dry store in jars, well covered to exclude the air.

CRYSTALLISING FRUITS.

Choose good sound fruit, not too ripe, and prick with a needle. Place in a pan of cold water and bring to the boil. The fruit will rise to the surface, and must be lifted out and placed carefully in cold water. Prepare a syrup by boiling 2lb. of cane sugar in 1 pint of water till on dipping a skewer into the syrup and blowing through it bubbles will be formed on the other side of the skewer. Then put the fruit into the syrup and boil up. Remove all skum. Take the pan off the fire and pour contents into a basin. Leave till the next day, then pour off the syrup and boil till it threads. Pour over the fruit and allow to stand overnight. Repeat the process for four days and on the fifth day boil the syrup to the "crack"; dip the fruit into it and drain on a sieve in a warm place. Sprinkle with fine sugar. Pack carefully and keep in a cool dry place.

PICKLED PEACHES.

Select hard, firm peaches, wash off all fuzz, stick a clove in the tip of each. Make a syrup of 1 pint water, $\frac{1}{2}$ lb. sugar, 6 tablespoonfuls vinegar, and 1 stick cinnamon for quart of fruit. Boil till tender, but not too soft, in the syrup. Bottle while boiling hot in air-tight bottles. They are nice to eat with cold meats.

FRUIT : AND HOW TO USE IT

PRESERVED MANGOES.

Slice up in as large pieces as you can 12 mangoes, stew with 2 pints water for 10 minutes, then add 2 cups sugar, and stew for quarter of an hour, bottle, running the bottle over, and seal at once.

MELON PICKLES.

Take out the seeds, cut into strips, and sprinkle with salt. Allow to stand one night, then drain on to a cloth. To 4lb. of melon, weighed after salting, allow 3 small chillies, $\frac{1}{4}$ lb. of sugar, 1 dessertspoonful of turmeric, 1oz. of crushed ginger, 1 tablespoonful of mustard, and 1 tablespoonful of cornflour. Boil all these together in 1 quart of vinegar, and when boiling stir in the melon, and boil for 20 minutes. When cool put into bottles, and cover down air-tight.

PAPAW PRESERVE.

Take 1lb. of sugar, $\frac{1}{2}$ pint of water, to make a syrup, 2 tablespoonfuls of lime, and a gallon of water. Put the lime into the water, and stir until dissolved; peel the fruit, and cut into slices about 2 inches thick and the length of the fruit. Put these pieces into the lime water, and allow to remain for 8 or 10 hours; then take the fruit out, make the syrup, and when boiling put in the papaw; boil quickly for half an hour; take out the fruit and arrange lengthwise in a glass jar. When the syrup is cool, fill the jar and cork down tightly.

GREEN TOMATO PICKLES.

Cut up 6lb. tomatoes and 4 large onions; pour over them a brine composed of 1 cup of salt and 2 quarts of water, and let stand overnight. Next morning bring to the boil, and let simmer about five minutes; drain the brine off, and add 2 bottles of vinegar and bring to the boil again. While waiting for the mixture to come to the boil, mix to a thin paste with cold vinegar 1 tablespoon turmeric, 2 tablespoonfuls each of curry powder and mustard, 1 teaspoonful cayenne pepper, 1 cup of sugar, $\frac{1}{2}$ cup flour. Add mixture to boiling tomatoes, stirring at the same time, and boil for about 5 minutes. Bottle when cool.

PICKLED BEETROOT.

Wash 6 beetroot gently, taking care not to break the fibres. Place them in a pan of boiling salted water, and boil from one hour to an hour and a half or until tender. When boiled pop the beetroot into cold water and scrape off the skins, cut into slices of an eighth of an inch in thickness, and then place them in a jar. Boil sufficient vinegar to cover the beetroot, with $\frac{1}{4}$ of an ounce of ground ginger, $\frac{1}{2}$ a dozen of cloves, $\frac{1}{2}$ an ounce of peppercorns, and a blade of mace. Pour this mixture over the beetroot, and when the ingredients are cold cover the jar tightly.

ROSELLA PICKLE.

Cut the rosellas, wash, but do not allow them to stand in the water. Place on a sieve to drain for a few minutes, and then put in a cool oven to dry for about 8 or 10 minutes. When ready put into bottles, and pour the hot pickle over them. Fit for use in a week. Pickle: To each pint of vinegar 6 cloves, 10 peppercorns, piece of mace, cayenne pepper, and salt to taste. Boil all together for 10 minutes.

TO DRY APRICOTS.

The fruit must be ripe, but not in the least overripe. Cut in halves and take out the stones, then place on shallow wooden trays, pit uppermost. The fruit must then be fumigated. Get a large box with a lid, and paste paper over the outside to make it airtight. Place the trays in this, and in it also put a tin with about a tablespoonful of sulphur. Light this and close up the box. Leave it for about 12 hours. Then lift the trays and put in the sun till the fruit is thoroughly dry. This will take several days. Store in airtight jars or boxes.

DRY MOCK GINGER.

Cut a melon up into long pieces, cover with lime water for 12 hours; boil $\frac{1}{4}$ lb. green ginger root in 4 pints of water for 4 hours, keeping up the quantity of water; then strain. Add 4lb. of sugar to the 4 pints of ginger water, boil for 10 minutes; then add the melon and boil until it candies, stirring it. Turn out and divide. Roll well in coarse crystal sugar allow to dry, and pack away.

WATERMELON RIND PICKLE.

Eight pounds watermelon rind, cut in little cubes, 4lbs. sugar, 1 quart of vinegar, 2 tablespoonfuls ground cinnamon, 1 tablespoonful allspice, 2 tablespoonfuls whole cloves. Pare the rinds, and cut off the pink inside; then weigh 8lb. and put it into a porcelain-lined preserving pan, and cover with boiling water; then set on the back of the stove and simmer until quite tender, having it closely covered all the time. It will require about three hours. When done have ready the syrup made of the vinegar, sugar, and spices. Tie the ground spices in a muslin bag, and put the whole cloves in loose. These ingredients will make 4 quarts of excellent pickle that is inexpensive and fine to serve with meats.

TOMATO PRESERVES (No. 1.).

Place tomatoes in wire basket and immerse in boiling water till the skins begin to crack. Peel and quarter the tomatoes. Add an equal amount of sugar by weight. It may be necessary to add a little water at first. Boil slowly down to the desired consistency, stirring as often as needed. Pour into jars, boil for 20 or 30 minutes, and seal. A little lemon juice and rind will improve the flavour, but the rind should be removed before sealing.

TOMATO PRESERVES (No. 2).

Peel tomatoes. To each pound add a 1lb. of sugar, and let stand over night. In the morning take out the tomatoes and boil the syrup. Skim, put in the tomatoes and boil gently 20 minutes. Remove the tomatoes again and boil syrup until it thickens when cool. Put the tomatoes while hot in jars, pour syrup over them, seal and set in a cool, dry place. Slices of lemon or ginger root will give a delightful flavour.

CANNED TOMATOES.

Select tomatoes of medium size and evenly ripened. Peel and arrange in jars (wide-mouthed preferable). Add 1 t. salt and a dash of pepper to each quart of tomatoes. Fill the jars with water or juice obtained by boiling a few tomatoes, mashing them and straining the juice. Cap the jars and boil for 22 minutes in a water bath, or until the fruit begins to leave the bottom of the jars.

RIPE TOMATO PICKLES.

Thirtyfive ripe tomatoes, 2 quarts chopped apples, 10 onions 8 sweet peppers, 3 cups sugar, 4 tablespoonful salt, 1 table-spoonful cinnamon, 1 pint vinegar. Chop the tomatoes, onions, and peppers. Add apple and seasonings, cook 1 hour and seal.

RIPE TOMATO CHILL SAUCE.

Fifty ripe tomatoes, 25 onions, 12 green peppers, 1 bunch celery, 3 cups sugar, $\frac{1}{2}$ cup vinegar, 4 tablespoonfuls sauce, 2 tablespoons salt. Chop vegetables, then add vinegar, sugar and spices (allspice, cloves, mace, and cinnamon). Boil two and a half hours and seal.

BOTTLING FRUIT.

Place the fruit in bottles, adding $\frac{1}{4}$ lb. sugar to each pound of fruit. Place these in a slow oven until the fruit is quite warmed through. Remove from the oven and fill up each jar with boiling water. Cork down and run melted wax over the cork.

BRANDY PEACHES.

Remove the skins of the peaches by dipping them in boiling water. Prepare a syrup with 1 pint water and $\frac{1}{2}$ lb. sugar. Place the peaches in this and simmer gently until tender; add the same quantity of brandy as there is syrup. Place in glass jars, tie down, and store. Serve as dessert.



Chutneys

GREEN TOMATO CHUTNEY.

Take 8lb. of green tomatoes, 1 cup of sultanas, 1 quart of vinegar, $\frac{1}{4}$ oz. of allspice, 3lb. of onions, 4 large apples, 1oz. of cloves, 2lb. of sugar, and salt to taste. Chop the apples, tomatoes, onions, and sultanas, tie the spice and cloves in a muslin bag, then boil all together for 3 hours. Add the salt at the last, according to taste.

SWEET MANGO CHUTNEY.

Take 1 $\frac{1}{2}$ bottle of vinegar, $\frac{1}{2}$ lb. of sultanas, $\frac{1}{4}$ lb. of raisins (or $\frac{3}{4}$ lb. of raisins only), 2lb. of brown sugar, 2 $\frac{1}{2}$ oz. of salt, $\frac{1}{2}$ oz. of garlic, 1 $\frac{1}{2}$ oz. of onion, 1oz. of whole ginger, $\frac{1}{2}$ oz. of chillies, and 3lb. of mangoes. Peel the mangoes, and cut them in slices, Boil the vinegar and sugar for 20 minutes, add the mangoes, and boil until transparent. Then add the other ingredients, and boil till the required consistency. The garlic, onion, and chillies should be pounded cut very fine and the ginger should be pounded well. The chutney takes about 3 $\frac{1}{2}$ to 4 hours to cook. Use mangoes that have been picked just before beginning to ripen.

BENGAL CHUTNEY.

Take 2lb. of green apples, $\frac{1}{4}$ lb. of brown sugar, $\frac{1}{4}$ lb. of raisins, 1oz. of ground ginger, 1oz. of garlic, 1 $\frac{1}{2}$ pint of vinegar, and a slight shaking of cayenne. Pass the apples, raisins, and garlic through a mincing machine, then put them with the other ingredients in a stone jar, and stir well before placing it in a good oven, where it must remain about 6 hours till it has become a pulp. Bottle it well. It is ready for use as soon as cold.

APPLE CHUTNEY.

For this pickle, pare and core 4lb. of apples, and boil them in a pan with a bottle of vinegar and 2oz. of ginger root. The apples should be boiled until they are quite soft, at which stage the ginger root is removed. Then dry in the oven $\frac{1}{4}$ oz. of dried chillies with 2oz. of mustard seed, taking care not to burn them. When dried these are bruised, after which they are mixed with the cooked apples. Next chop $\frac{1}{2}$ lb. of stoned raisins, 1oz. of garlic, and 2oz. of eschalots, and after mixing with the other prepared ingredients add 2oz. of salt. More apples and vinegar may be used if necessary.

PICKLED CHOKO.

Take 6 or 8 medium-sized chokos, cut into small pieces, 2 large onions cut fairly small, a few chilli seeds, and some sultanas. Sprinkle with salt, let stand all night. Drain well. Boil 1 quart of vinegar. Mix 2 tablespoonfuls of plain flour, 1 tablespoonful of mustard, 3 tablespoonfuls of curry powder, 3 tablespoonfuls of sugar, and $\frac{1}{2}$ teaspoonful of cayenne pepper into a paste with water. Add this to the boiling vinegar. Add the vegetables, and boil half an hour, stirring occasionally.

PICKLED GRAPES.

Take 5lb. of grapes, $1\frac{1}{2}$ bottle of vinegar, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ teaspoonful of salt, 1 teaspoonful each of pepper, all-spice, cloves, ginger, and cinnamon. Boil all together and pour, while hot, over the grapes. Allow to stand one week, then pour off the liquor and boil it again. Pour it over the grapes again almost boiling. Allow to cool, then tie down. Always leave a small piece of stem on the grapes. The big fleshy grapes are the best. This pickle is at its best when kept for six months.

RICH APPLE CHUTNEY.

Take $1\frac{1}{2}$ lb. of sugar, $\frac{3}{4}$ lb. of salt, $\frac{1}{4}$ lb. of garlic, $\frac{1}{2}$ lb. of onions, $\frac{1}{4}$ lb. of ground ginger, $\frac{1}{2}$ lb. of dried chillies, $\frac{3}{4}$ lb. of mustard, $\frac{3}{4}$ lb. of stoned raisins, 2 bottles of good vinegar, and about 30 large sour apples. The sugar must be made into syrup, the garlic, onions, and ginger must be finely pounded together, the apples peeled, cored, and sliced, and boiled in a bottle and a half of vinegar. When all this is done, and the apples are quite cold, put them into a large pan and gradually mix the rest of the ingredients, including the remaining half-bottle of vinegar. It must be well stirred till the whole is thoroughly blended, and then put into bottles for use. Make the bottles quite airtight.

PEACH CHUTNEY.

Four lbs. peaches, pared and sliced, 1lb. raisins, 1lb. white sugar, 1oz. chillies, 4oz. green ginger. Cut all very small and boil till clear.

GRAPE CHUTNEY.

Six lb. grape pulp. Prepare this by steaming the grapes, putting them over the fire with a little water, and cooking them until so tender that the pulp may be rubbed through a sieve, leaving the seeds and skins behind. To the pulp thus obtained add 2lb. brown sugar, 1 pint vinegar, and 1 tablespoonful each ground cinnamon, mace, cloves, allspice, and white pepper, and a teaspoonful of salt. Put all together over the fire, stew until thick, stirring constantly to prevent burning, and bottle.

APPLE CHUTNEY.

Five pounds apples, when peeled and cored, 1 pint vinegar, 1lb. sultana raisins, 1lb. onions, 2ozs. mustard seed, 2ozs. salt, 1oz. curry powder, $\frac{1}{4}$ oz. cayenne pepper, $\frac{3}{4}$ lb. light brown sugar. Stew the apples and onions in the vinegar until well cooked and tender; then chop the sultana raisins and add them, then all the other ingredients. Mix well, and boil for half an hour. When cold it is ready for use and makes a pleasant change with cold meats instead of pickle.

APPLE RELISH.

Seven pounds apples, 2 $\frac{1}{2}$ lb. sugar, 1 pint vinegar, 2lb. seeded raisins, 2 oranges, 2 teaspoonfuls powdered cinnamon, 1 teaspoonful powdered cloves. Chop the raisins and put them into a porcelain-lined kettle; add the apples, chopped and unpeeled, the juice and the chopped peel of the oranges, the sugar, vinegar, and spices. Boil steadily for half an hour. This relish will keep in unsealed cans all winter.

PINEAPPLE CHUTNEY.

Cut up pineapples into neat chunks. To every 4lb. pineapple add 3oz. ground ginger, 1 dessertspoonful salt and 1 teaspoonful white pepper, $\frac{1}{2}$ lb. sugar, 1 bottle vinegar, or 1 $\frac{1}{2}$ pints lemon juice for preference 4oz. chopped raisins; boil for one and a half hours, bottle, cork, and seal while hot.

BANANA CHUTNEY.

Take 1 dozen large and rather unripe bananas, roast them in their skins, then peel them; grind up 3 dried red tamarinds and 4 red chillies and fry in a little butter, then pound the whole together, season with salt, and add the juice of 2 lemons and bottle.

Sweets

BAKED BANANAS.

Baked bananas are most nourishing and digestible. Just bake them in an oven in their skins, they make an excellent pudding on busy days. Serve with or without custard or sauce.

ORANGE CUSTARD.

The pulp and juice of 2 oranges, a little grated peel, 3 eggs, $\frac{1}{2}$ cupful sugar, 2 cupfuls milk. Beat yolks with the sugar, add 1 tablespoonful butter, then juice, and lastly the milk. Bake in a dish, and when cold spread over the whites of eggs.

BREAD AND APPLE CUSTARD.

Butter a pie-dish and line with thin slices of bread and butter. Stew some apples with very little water and almost fill dish. Let stand till next day. Cover with uncooked custard, and bake in oven. Turn out when cold.

COMPOTE OF APPLES.

Six apples, 2 teacupfuls water, $\frac{1}{4}$ oz. gelatine, 2ozs. sugar, 6 cloves and cochineal. Pare and core the apples, taking care not to break them. Put them into a stewpan large enough to hold without touching each other; add sugar, water and cloves; stew slowly till soft, keeping off the lid; when cool lift apples on to a glass dish, add the gelatine to the juice with a few drops of cochineal; stir till it boils, allow to cool, and strain over the apples. When the apples have been in the jelly for a short time turn them and place a little whipped cream in the centre of each, or the white of an egg beaten with a little sugar can be used.

RED APPLES.

Cut up a pound of jelly apples into 8ths, and put in rather a deep bowl; take the skins and cores, and add a teacupful of water, the rind and juice of a small lemon, and the weight of apples in sugar; boil for ten or fifteen minutes, and strain when cool over the apples. Put a tight lid on, and bake very slowly for three or four hours.

BANANA TRIFLE.

Cut a sponge cake into slices, and in a glass dish put alternately a layer of cake and a layer of sliced bananas. Make a soft custard with the yolks of three or four eggs to $1\frac{1}{2}$ pints of milk; flavour with vanilla, and pour it over the trifle. Beat the whites of 2 eggs and a large spoonful of sugar to a stiff froth, and heap on top.

FRUIT SALAD.

Take as many different fruits as possible—oranges, pawpaws, pineapples, apples, bananas, passion fruit, and the juice of a lemon. Cut bananas into thin slices, and pawpaws and pineapples into cubes, peel the apples and slice them in. Remove pith from oranges and slice them in. Sprinkle each alternate layer with sugar, squeeze over the juice of the lemon and the passion fruit. Serve with whipped cream.

ORANGE SAUCE.

Three ounces lump sugar, 3 small oranges, $\frac{1}{2}$ pint water. Carefully rub the oil from the orange rind with the lump sugar. When the sugar is a deep yellow put water and sugar into a small saucepan. Add the juice of the oranges; boil fast without the lid for eight minutes. When boiled the sauce will be syrupy.

LEMON SAUCE.

One gill water, 2ozs. sugar, and 1 lemon. Take a thin peel from the lemon, put it into a saucepan with the juice, sugar, and water. Boil for five minutes, and strain round the pudding.

NEW WAY OF BAKING APPLES.

Core and peel the apples required, and in the space made by removal of cores, place a clove, a little butter and sugar, and fill up with dried currants or raisins; dredge apples plentifully with castor sugar, and bake in a moderate oven.

APPLE PUFF.

Stew 6 large apples in $\frac{1}{2}$ cupful water till soft, flavour with grated rind of lemon and juice, add a teaspoonful of butter and sweeten to taste, put into a pie-dish, spread with jam, and then cover with cake mixture; bake half an hour; sprinkle with icing sugar before serving.

Cake Mixture:—Two tablespoonfuls butter, 2 tablespoonfuls sugar, 3 tablespoonfuls flour, a teaspoonful baking powder, and 1 well-beaten egg.

ORANGE FRITTERS.

Peel and core the oranges, cut in slices, roll in sugar, dip in batter and fry.

Batter for the above:—Two eggs, 2 tablespoonfuls flour, and a little milk. Mix thoroughly and smoothly before dipping the orange slices in. Other fruit may be used in the same way.

BANANA SPONGE.

Mash 6 or 8 bananas and whisk into 1 pint lemon jelly; must be cool but not set. Add 1 teacupful milk sweetened to taste, and flavoured with vanilla; whisk again until spongy; colour half pink, if desired, and arrange two colours in glass dish. Serve with custard or cream. Must be prepared over night.

PINEAPPLE JELLY.

Wash a good $\frac{1}{2}$ breakfastcupful of sago, put in a large jug with $\frac{1}{2}$ cupful water, 1 cupful sugar, 2 grated pineapples, and juice of 1 lemon. Put the jug in a pan of boiling water and stir until clear then put in moulds until cold. Serve with custard or grated pineapple.

FROSTED APPLES.

Peel some apples, stew in a thin syrup till they become tender, dip in the white of an egg that has been whipped to a froth, then sift fine sugar over them quickly; put in rather a cool oven to candy.

MIXED FRUIT JELLY.

Take 2 large apples, 3 bananas, a nice piece of papaw, a small piece of pineapple, and any other fruit you like. Cut it all up in nice fine slices, squeeze passion fruit all over the top, sweeten a little, then make a pint of jelly, and when fairly cool, pour over the fruit. This can be eaten with whipped cream or custard or served plain.

BANANA CREAM.

Take 3 bananas, 2 lemons, a tumbler of milk and 1 egg, a dessertspoonful of sugar. Slice 2 bananas and put them in a glass dish, sprinkle the lemon juice over them and a teaspoonful of sugar; boil the yellow part of the lemon peel in the milk with the remainder of the sugar. Pour it on the beaten yolk of the egg, return it to the saucepan, and stir over gentle heat for five minutes, but do not allow it to boil. Let it cool, then pour on to the bananas and leave till cold. Slice the other banana very thinly, put it in a basin with the white of egg and a teaspoonful of white sugar, and whip briskly until it is a creamy mass. Pile on the custard and leave in a cool place until wanted.

FRUIT CANDLES.

These are very effective for parties. Take a slice of pineapple for the base, half a banana for the candle, and a strawberry for the flame, while the holder is boiled dressing mixed with a little whipped cream.

PEACH DAINTY.

Cut circles of cake a trifle larger than the peach halves and cover with soft icing. Dip the cut surfaces of the peaches in icing sugar, then place on top of cake circle. Sprinkle with cocoanut.

LEMON JELLY.

Take $\frac{1}{2}$ oz. of gelatine, almost a pint of water, 1 lemon, 2oz. of sugar. Soak the gelatine in some of the water, put the rest on to heat, stir into it the dissolved gelatine; then add the grated rind and the juice of the lemon. Stir in the sugar; do not let the mixture boil. Rinse a mould out with cold water, pour the liquid in, and leave a night to set.

ORANGE SPONGE.

Add the juice of 6 oranges to a pint of hot water in which 2oz. of isinglass have been dissolved. Sweeten it to taste with castor sugar, and whisk it till it looks white, and is the consistency of sponge, then pile it up delicately in a glass dish.

ICED MANDARINS.

Take 1lb. of powdered loaf sugar, allow the whites of 2 eggs to each 1lb. used, according to the number of mandarins. Whisk the whites of the eggs well, stir in the sugar, and beat for 15 minutes. Peel the mandarins, remove the stringy white pith, pass a thread through the centre of each mandarin, dip it into the sugar, and tie to a stick. Place these sticks across the oven, and let the mandarins remain until dry, when they will look like balls of ice. Don't have the oven too hot, or the sugar will scorch.

PEAR AND CAKE COMPOTE.

Stew firm, well-flavoured peeled pears in water to cover, adding for 4 pears 2 thin slices of lemon, a bit of stick cinnamon, and 6 whole cloves. Simmer for eight minutes, add half a cupful of sugar, and cook until the fruit is transparent. Drain, make as cold as possible, and roll each in powdered macaroon crumbs. Boil down the syrup until quite thick, take out the spices, and when cold pour over cake slices that have been placed in deep saucers. Arrange the pears on the cake slices, and garnish with squares of firm fruit jelly or candied cherries.

BANANA FILLING.

Peel some bananas, enough to fill a breakfast cup when pulped through a sieve. Stir in half a breakfastcupful of sugar, 1 tablespoonful of butter, and half the juice of a lemon. Mix all well together, cook the mixture in a double saucepan, and add one egg whisked with 1 tablespoonful of sugar. Stir well, and when thick set it aside to cool.

PEACH JUNKET.

Half a pound peaches, $\frac{1}{4}$ lb. sugar, 1 quart milk, 1 junket tablet. Prepare and cook peaches, and arrange in serving dish. Dissolve rennet tablet and sugar in 3 or 4 tablespoonfuls of cold milk. Heat the remainder till blood warm, add dissolved tablet, and pour over fruit. Stand in warm place till set, then put in cool place till required.

PEACH MELBA.

Compote of peaches or dessert peaches, stale sponge cake, ice cream, or thick custard, and strawberry syrup. Cut cake into small rounds, and put one round in each custard cup, sprinkle with fruit syrup, put a piece of peach on top, fill with ice cream or custard, and pour strawberry syrup over.

TANGERINE DELIGHT.

Two cups of pure crystal sugar, 1 cup strained orange juice, 3 dessertspoonfuls powdered gelatine, 1 dessertspoonful vanilla. Bring orange juice to boiling point, pour over the sugar and gelatine, mix well. When cool add essence and beat for 12 minutes very quickly. Set in a buttered tin. When firm cut in blocks and roll in icing sugar.

LEMON CURD.

Take 2oz. of butter, 1 egg, $\frac{1}{2}$ lb. of sugar, and 1 large lemon. Put in a jar the butter, egg and sugar, well beaten together. Add the juice and the grated rind of the lemon, then land all in a pan of water and stir until it thickens.

BANANA ICE CREAM.

Peel 12 bananas and rub through a sieve, add the strained juice of 2 lemons and a very little essence of lemon. Stir into this 1 pint of custard and $\frac{1}{2}$ a pint whipped cream. Freeze and serve in dainty glasses with shredded angelica on top.

APPLE CAKE.

Take 5 tablespoonfuls of flour, 4 tablespoonfuls of corn-flour, 3 tablespoonfuls of sugar, 1 tablespoonful of cinnamon, $\frac{1}{4}$ lb. of butter, 2 apples. Stew apples with sugar, mix dry ingredients together and make hot the butter. When nearly boiling stir quickly into the flour and mix well. Divide, roll or press out. One-half spread with the apple and cover with the other half. Bake on a plate or flat on butter paper on the shelf of the oven. Cut when quite cold. If served warm with a sweet sauce or custard it makes a nice pudding.

GINGER PEARS.

Ten pounds pears, 4 lemons, 1 box of crystallised ginger, 7lb sugar, 6 oranges. Peel the pears, cut them into small pieces, put them into a preserving pan with the sugar, and cook slowly for one hour. Add the lemons, oranges and crystallised ginger, cut into small pieces, and allow to simmer for three hours. Divide into glasses, and cover.

STRAWBERRY SHORTCAKE.

Take 3 eggs, 6 oz. of plain flour, 6 oz. of butter, 6 oz. of castor sugar, $\frac{1}{2}$ teaspoonful of baking powder, strawberries, and whipped cream. Cream butter and sugar, beat eggs and add. Sift flour and baking powder and mix with other ingredients. Bake the cakes in three buttered shallow round tins and leave till cold. Mash some ripe strawberries, sprinkle with sugar, spread a layer of them on one of the cakes, and cover with whipped cream. Place another cake over the strawberries, add more fruit and cream; add another cake, and let the top cake be covered with the strawberries and cream.

APPLES ON STICKS.

Choose firm, ripe apples, and put a stick, about four inches long in each. Boil 3lb. of crown sugar in 1 pint of water and a teaspoonful of golden syrup until brittle; add extract of lemon and a little cochineal. Dip the apples in the syrup and turn over and over until they are covered. Put them on a buttered plate and remove them before they are quite cold.

STRAWBERRY CHARLOTTE.

To a box of ripe strawberries add a tablespoonful of sugar and mash with a fork. Make a custard of 2 eggs and $\frac{1}{2}$ pint of milk and set aside to cool. Dissolve 2 dessertspoonfuls of powdered gelatine in a little hot water and stir into the custard. Add the mashed strawberries, beat all together, and set on ice. Serve with whipped cream.

STRAWBERRY MOULD.

To $\frac{1}{2}$ cup of cooking wine add 1 cup of water and bring to boil. Add 1 dessertspoonful of sugar and stir briskly. Dissolve 2 dessertspoonfuls of powdered gelatine in the mixture and allow to cool. When cool pour into a mould half-full of firm strawberries. Set on ice and serve with whipped cream.

STRAWBERRY FLUMMERY.

Take 2 eggs, $\frac{1}{2}$ pint of cooking wine, $\frac{1}{2}$ cup of water, 2 dessertspoonfuls of sugar, 1 dessertspoonful of powdered gelatine, 1 box of firm strawberries. Heat the water and dissolve the gelatine and allow to cool. Beat the eggs and sugar together, then slowly add the wine. Strain through a strainer and bring to the boil. Just before removing from the fire add the strawberries and pour into mould. Set on ice and serve with cream or custard.

STEWED GOOSEBERRIES.

Stewed gooseberries are often sent to table in a pulpy mass. If properly cooked each berry should remain whole. The best way to accomplish this is to put the fruit into a jar with a very little hot water and enough sugar, syrup or honey to sweeten it. Cover the top with paper, a cloth or lid, and stand it in a saucepan of boiling water. Let the water boil for one hour, and by that time you will find that the gooseberries are thoroughly soft without being in a pulp. A small piece of bicarbonate of soda added to the fruit will make less sugar necessary. This is delicious served with cream or custard.

GOOSEBERRY CUSTARDS.

One quart of gooseberries, 2 eggs, 3oz. of castor sugar. Pick over the gooseberries and stew them in a teacup of water until soft. Pass through a wire sieve and sweeten with sugar. Add the eggs well beaten and pour all into a saucepan and stir gently over the fire until the mixture thickens. Stand the vessel in a bowl of cold water to cool, and serve in custard glasses.

BANANA FRITTERS.

Make a stiff batter with 1lb. flour, 1 pint of milk, and 2 eggs, with a pinch of salt. Slice the bananas lengthways, dip them in a batter and fry them to a golden brown colour.

BANANAS AND CUSTARD.

Ingredients: A few bananas, strawberry or raspberry jam, and 1 pint of custard made with eggs or custard powder. Prepare a pint of custard according to the directions on each packet, peel the bananas and cut them into rounds, lay singly over the bottom of a glass dish, spread with the jam and pour custard gently over them. When the dish is cold it is ready for the table.

Note.—It is important that the banana slices be entirely covered with custard, otherwise, in common with all fruits, there may become slightly discoloured by exposure to the air, thereby diminishing the attractive appearance of the dish.

FRIED BANANAS.

Ripe bananas sliced lengthways, fried in lard or butter, and sprinkled with a little sugar, make a delicious sweetmeat; they should be served hot.

FRIED BANANAS AND BACON.

Ripe bananas sliced lengthways, fried with bacon or fried in lard, and served with meat or cold bacon make a most appetising dish.

BANANAS WITH JELLY.

Line a mould with sliced bananas cut across, then pour in a little jelly, lemon flavoured; when this is set pour in the rest of the jelly. This makes a pretty dish.

BANANAS WITH CREAM.

Peel and cut bananas in rings, then whip up some cream with fine sugar and cover thickly over the bananas.

PINEAPPLE DESSERT.

Cut up pineapple neatly and put pieces in enamelled saucepan, with sufficient water to come up to about three-quarters of the fruit; sugar to taste, and juice of 1 lemon to 2lb. of pineapple, boil slowly for twenty minutes, set aside to cool. This is most excellent with plain boiled rice, and equally so with a baked or boiled custard, or a custard sauce. It also makes a tasty and attractive dish if the pineapple is taken out of the syrup and placed in a glass dish and the syrup made into a jelly with the addition of gelatine, jelly crystals or arrowroot. A plain unsweetened biscuit goes well with this.

PINEAPPLE FRITTERS.

Put flour in basin, add pinch of salt, baking soda and cream of tartar, the usual quantities to each pound of flour, 1 tablespoonful sugar, and 1 egg to each pound of flour. Mix all together with milk, or half milk and half water, to a nice batter, dip in pieces of pineapple and fry to a nice brown. Condensed milk may be used if fresh is not available for the batter, by mixing at the rate of 1 tablespoonful to a pint of cold water. This mixture of batter may be used for bananas, mangoes, or apples, or any fruit that is used for fritters.

FRUIT : AND HOW TO USE IT

PAPAW DESSERT.

Cut up in rather large pieces, put in enamelled stewpan with about a pint or so of water to 3lb. fruit, 1 small teacupful sugar, the juice of 2 lemons, bring to the boil and simmer for ten minutes, set aside to cool, and serve with a milk pudding, or it may be put in jelly as per pineapple. Children are fond of this, with bread and butter for tea.

GRANADILLA DESSERT.

Get the large kind if possible, cut in half, take out seeds and put by, now peel the outside and inside of the shell, cut up in large pieces, put them into enamelled stewpan with a pint of boiling water to every 3lb. fruit, the juice of 2 lemons, 1 cup sugar, and 1 teaspoonful caramel to give it dainty colour, now boil for fifteen minutes, and set aside till required. This is nice with any milk pudding or plain boiled rice.

ORANGE DESSERT.

Take nice looking clean oranges, the common eating orange is the best, but any kind is nice, take quantity required, put them on to cook, whole in cold water with a handful of salt added, put lid on and boil until they sink, which will take from thirty to forty-five minutes, now take out very carefully and put them into cold water, next day take out and put into fresh cold water, and leave until the following day; now cut each orange in half or quarter, according to the kind of jar you intend to put the dessert away in, now weigh the fruit, 1 to each 10lb. add 8 cups of water, and 12lb. sugar, now boil until it is about like honey if this is put in the patent screw top jars usually used for bottled fruits and properly sealed it will keep two or three years, and is the better for keeping, this is most excellent with a nice baked custard or may be eaten with biscuits.

STEWED BANANAS.

Cut up nicely ripe bananas in neat pieces, say 1½ inches long, put in enameled saucepan with sufficient hot or boiling water to barely cover them, add 2 tablespoonfuls of sugar to every quart of fruit and water, also the juice of 2 lemons, bring to the boil and simmer for three minutes. Set aside to cool. This is a nice accompaniment to a baked or boiled custard, blanc mange, or plain junket.

BANANAS IN JELLY.

Cut fruit lengthwise and then in half across, proceed as with stewed bananas, then take up very carefully and place in a dish you wish to serve it in, now add the required amount of gelatine, $1\frac{1}{2}$ ozs. to the quart is quite sufficient, boil up for two or three minutes and then pour over the already prepared fruit; if jelly crystals are used you may use half the syrup and half warm water, if gelatine is used a cupful of jelly could be set aside and when cold may be whipped as per cream, and used for the top of the fruit jelly or as a filling for Swiss or Sponge sandwich, or as a separate sweet for next day; and it is also delicious mixed half and half with cream as an aid to tipsy cake or trifle.

BANANA "MELBAS."

Cut fruit lengthwise only, place in enamel stewpan with juice of 2 lemons to every quart of water, and 4 ozs. sugar; add sufficient water to just come to top of fruit and one teaspoonful turmeric to every $1\frac{1}{2}$ pints water, boil up for two minutes only, then drain through colander or sieve, and proceed as with peach "Melbas."

BANANA PASTIES.

Make a nice short crust of 6 ozs. of dripping to 10 ozs. flour, a little salt, a squeeze of lemon juice or vinegar, no baking powder is needed, make to a nice firm dough and roll once only; the more nimble you are at the preparation of this, once you have started, the crisper will be the pastry. The bananas should be peeled ready, with a few drops of lemon juice sprinkled over them or not, as you choose, cut out your pastry and wrap each whole fruit in a piece, pinch in well at each end and bake in a good oven for twenty minutes. This may be served with a custard, baked or boiled, or with cream, or just milk, or may be eaten cold. The children just love them cold for school tucker bag.

COMPOTE OF ORANGES.

Wipe the required number of oranges and peel them, removing also as much as possible of the white skin from the fruit. Divide each orange into sections, and remove the pipe

by means of the point of a small knife or the prong of a fork. Next prepare a syrup by boiling up 1lb. of loaf sugar with $\frac{1}{2}$ pint of water, adding some of the orange rind to flavour. Remove the scum as it boils, and reduce until the required consistence of syrup is obtained. Pour the boiling syrup over the oranges, cover, and let them cook gently for a few minutes only, so as not to break the fruit. The fruit is ready for serving when quite cold. Dish up the oranges in sections and garnish tastefully with glace cherries, angelica, and strips of almond or pistachio nuts.

DEVILLED BANANAS.

Melt 2oz. of butter, add 1 finely chopped red pepper, 2 teaspoonfuls of chopped pickles, 1 teaspoonful of Worcestershire sauce, a $\frac{1}{4}$ of a teaspoonful of salt, and 4 peeled bananas cut in four equal parts. Cook for five minutes. Serve hot.

BANANA FROTH.

Whip $\frac{1}{2}$ pint of double cream very stiff. Rub enough bananas through a fine sieve to make $\frac{1}{2}$ pint of pulp, and beat this into the whipped cream; add 4 tablespoonfuls of powdered sugar and 1 teaspoonful of lemon extract, and beat to a frothy mass. Line a glass dish with almond macaroons, fill it with the banana froth, sprinkle this generously with chopped crystallised cherries, citron, blanched and chopped almonds, and pistachio nuts. Serve at once. Of course the fruits and nuts must be chopped and made ready before the preparation of the banana cream is begun.

BANANAS EN SURPRISE.

One quart of cream or custard, $\frac{1}{2}$ lb. of sugar, $\frac{3}{4}$ pint of banana pulp, the yellow rind of 1 lemon, strained juice of $\frac{1}{2}$ a lemon, 4 tablespoonfuls of syrup registering 30 deg., a little candied fruit, cherries, pineapple, greengages, etc. Scald the cream with the lemon rind and sugar, strain, let it cool and partially freeze; then add the banana pulp mixed with the syrup and lemon juice and finish freezing. Have ready chilled, fresh-looking banana skins, injured as little as possible in removing the pulp; fill these with the frozen mixture, putting 1 tablespoonful of candied fruit in the centre of each. Press the strip of skin back in place and put in freezing box buried in equal parts of ice and salt for one and a quarter hours. For the salpicon, cut the fruit in very small dice, mix with a little thick syrup, flavoured to taste. When serving tie each banana with a bow of narrow ribbon.

BANANA SPONGE.

Dissolve $\frac{3}{4}$ oz. of powdered gelatine in a $\frac{1}{4}$ pint of boiling water. Make a boiled custard with 1 pint of milk, 4 eggs, $\frac{1}{2}$ lb. of sugar, and a pinch of salt. Add the dissolved gelatine, strain and set aside until cold and beginning to thicken. Stir in 2 tablespoonfuls of lemon juice and 8 bananas rubbed through a sieve. Then add 1 pint of whipped cream. Pour into a wet mould decorated with bananas cut in rings and set away in a cold place to firm.

COMPOTE OF BANANAS.

Remove the peel and threads from 8 ripe bananas, let them stand covered with boiling water for only a few seconds, then drain well and coat each with orange syrup; pile in the form of a pyramid; pour the rest of the syrup over them and sprinkle with finely chopped walnuts. For the syrup, boil $\frac{1}{2}$ pint of strained orange juice and pulp and the juice of $\frac{1}{2}$ a lemon with $\frac{1}{2}$ lb. of sugar for ten minutes.

BANANA CHARLOTTE RUSSE.

Four bananas, $\frac{1}{2}$ oz. of powdered gelatine, 2 oz. of sugar, $\frac{1}{2}$ teaspoonful of vanilla essence, $\frac{1}{2}$ pint of cream, and $\frac{1}{2}$ pint of milk. Peel and cut the bananas into fingers, line the bottom and sides of a small plain charlotte mould with them. Mix the gelatine with the milk, dissolve carefully, add the sugar and vanilla, strain and fold in the whipped cream. Pour into the prepared mould. Set aside until firm, then turn out and decorate with sliced bananas.

BANANA CUSTARD.

Peel 6 bananas and rub them through a sieve into a basin, add 3 tablespoonfuls of sugar, 1 tablespoonful of lemon juice, 1 pint of milk, and 4 beaten eggs. Pour into a buttered baking dish and bake slowly till set. When cold, ornament with whipped cream and sliced bananas.

ORANGE DELIGHT.

Take 5 oranges, 1 teacupful of white sugar, 1 pint milk, 3 eggs, 1 tablespoonful of cornflour. Peel the oranges, cut Heat the milk by letting it steam in a saucepan of boiling water, add the cornflour, mixed smooth with a little milk, and the well-beaten eggs. Sweeten, stir till thick, pour over the oranges, and beat $\frac{1}{2}$ pint of cream. Sweeten, flavour with orange juice, and a little grated rind piled on top of the custard. them into slices, removing the pips and sift sugar over them.

STRAWBERRY TRIFLE.

Pick out the 12 best strawberries from a pound, and mash the remainder with the sugar. Put a layer of plain cake or sponges in a glass dish, then a little broken macaroon, next some strawberry pulp; on this pour some custard; repeat these layers until all the ingredients are used up. Whisk $\frac{1}{2}$ pint cream, lightly sweeten and flavour it, and pile it over the trifle. Decorate it with the whole strawberries and chopped almonds.

APPLE CREAM.

Bake 4 large apples and remove the cores and skin. Put the pulp into a basin and add a squeeze of lemon juice, and castor sugar to taste, a grating of nutmeg, and a little powdered ginger. Whip this mixture with a fork till quite smooth and soft, then add to it the yolk of 1 egg, well beaten. Whip the white of the egg till quite stiff, and, after beating the mixture again, add it. Pile on a glass dish and serve with custard.

APPLE MERINGUE.

Stew the fruit, add cinnamon, cloves, lemon peel, and juice add sugar. When cooked tender, put into a shallow pie-dish, and beat to a stiff froth 4 or 5 eggs, with 4 or 5 spoonfuls castor sugar. Pour these on top of the fruit, and bake in a slow oven for one hour.

STUFFED STRAWBERRY CAKE.

Take a baked sponge cake of the desired size, and soak it thoroughly with strawberry or any sweet fruit juice. Scoop out the centre and fill with mashed strawberries and whipped and sweetened cream. Brush the cake over with melted strawberry jam and sprinkle it over with chopped cocoanut. Decorate with ripe strawberries and whipped cream.

STRAWBERRY PUFFS.

Split some cold cream puffs or eclairs, then fill them with mashed strawberries and some whipped and sweetened cream flavoured with 1 teaspoonful of strawberry essence. Serve very cold, with a little confectioners' sugar sprinkled over the top.

STRAWBERRY SHORTCAKE.

To make a delicious shortcake, mix and slit $\frac{3}{4}$ lb. of flour and $1\frac{1}{2}$ level tablespoonfuls of baking powder, then with the tips of the fingers rub in $\frac{1}{4}$ lb. of butter. Beat up 1 egg, add about $\frac{1}{2}$ pint of milk, then combine with the first mixture gradually to make a smooth batter. Divide into well-buttered and floured pans, and sprinkle each portion with a tablespoonful of sugar. Bake till ready in a quick oven. When done, spread with plenty of butter, then put together in layers. Cover when cold with a soft icing, and decorate with royal icing and large ripe strawberries.

STRAWBERRY CREOLE.

Select large, firm, ripe berries, and wash and drain thoroughly; then marinade them in powdered sugar. Serve with thin slices of ripe pineapple.

NEW STRAWBERRY ICE.

For a delightful and tempting strawberry ice, cook $\frac{1}{4}$ lb. of sugar and 1 gill of water to the thread degree, then add gradually to the stifly beaten whites of 2 eggs; beat till smooth then cool. This mixture is called a meringue. Boil 2 pints of water and 1lb. of sugar for eight minutes, add the strained juice of 1 lemon, and 1 pint of mashed strawberries; then strain, add more sugar if desired, 1 teaspoonful of strawberry essence, and, if a deeper colour is desired, a few drops of red colouring; when cool freeze. When the mixture is half frozen add the meringue. This produces a somewhat creamy texture to the ice and adds greatly to the quantity. To change this into Strawberry Bomb with very little trouble, draw the strawberry ice against the sides of the freezer can, leaving a well in the centre. Fill the centre with whipped cream sweetened to taste and flavoured with 1 teaspoonful of strawberry essence and 1 teaspoonful of vanilla essence.

STRAWBERRY FLOAT.

Crush $\frac{1}{2}$ pint of fresh ripe strawberries with $\frac{1}{4}$ lb. of sugar. Beat the whites of 4 eggs to a stiff froth; add very gradually 1 gill of sugar, then the strained juice of the berries, and beat until it will stand in peaks. Then make a custard with the yolks of the eggs, 1 pint of milk, and 4 heaping tablespoonfuls of sugar. When cool add 1 teaspoonful of strawberry essence, and pour into a glass dish. Put a layer of ripe strawberries on top of the custard, then arrange the frosting on the top in peaks. This makes a very pretty dessert.

Puddings

CLEVELAND PUDDING.

Grate a large pineapple and mix with it 2 cups of bread-crumbs, $\frac{1}{2}$ cup of dripping, 3 eggs, and sugar to taste. Bake in a moderate oven for half an hour.

HOWARD PUDDING.

Two oranges, 1 egg, $\frac{1}{2}$ pint of milk, 1 large teaspoonful of cornflour, two lumps of sugar, and 1 tablespoonful of castor sugar. Rub the yellow part off one orange on to the two lumps of sugar. Cut the oranges in thin slices across the sections. Cut off all rind, remove the pips and put the slices of sugar in the bottom of a small pie-dish. Mix the cornflour smoothly with a little of the cold milk, boil the remainder of the milk, pour it on the cornflour, return to the saucepan, add the lumps of sugar, and stir while it boils for three minutes. Pour it upon the well-beaten yolk of egg. Then turn this custard on to the oranges and leave until cold. Whip together the white of egg and castor sugar until it is a white cream. Spread it on the pudding and brown slightly in a fairly hot oven.

WOOMBYE PUDDING.

Put a breakfastcupful of milk on to boil with 3oz. of butter, and 3oz. of sugar. When the mixture is boiling, remove it from the fire, and stir in $\frac{3}{4}$ lb. of flour, replace on the fire, stir and beat well until a thick paste is obtained. Again remove the saucepan from the fire, and stir in $\frac{1}{4}$ lb. of pineapple cut into dice, also 2 tablespoonfuls of juice, a little vanilla, and the yolks of 2 eggs. Beat the whites of the eggs to a stiff froth, and gently add them to the mixture. Have a mould or basin well greased, add the pudding, cover with a greased paper, and steam gently for one hour. Serve the pudding either with custard sauce or fruit sauce. Immediately the pudding is dished it should be served.

BIRD'S NEST PUDDING.

Six or seven apples, 1 tablespoonful sago, sugar, currants. Soak the sago in 1 cupful hot water for 10 minutes, and put in pie-dish. Core the apples and place in the sago, fill up the apples with sugar and a few currants. Put a piece of butter on the top of each apple and bake in a moderate oven.

BANANA PUDDING.

Mash some good ripe bananas to a pulp with a fork, put into a glass dish, the bottom of which has been covered with jam; put a boiled custard over the bananas—put it gently, as if poured quickly it mixes with the pulp; grate nutmeg on top, or white of egg.

PEACH PUDDING.

Fill a pudding dish with whole peeled peaches and pour over them 2 cupfuls of water, cover closely and bake until the peaches are tender, then drain off the juice and let them stand until cool. Add to the juice 1 pint of sweet milk, 4 well-beaten eggs, a small cupful of flour mixed with one teaspoonful of baking powder, 1 cupful sugar, 1 teaspoonful melted butter, and a little salt. Beat well and pour over the peaches. Bake until brown and serve with cream.

ORANGE MERINGUE PUDDING.

Take 4 large oranges, $\frac{1}{2}$ a lemon, 4oz. of breadcrumbs, $\frac{1}{2}$ pint of milk, 6 oz. of castor sugar, and 1 egg. Cut the rind from the oranges, and place it in a saucepan for a few minutes with the sugar and a little cold water. Simmer for 10 minutes. Separate the yolk from the white of the egg, beat up the yolk, and mix it with the crumbs, then add the juice and the pulp of the oranges rubbed through a sieve. Add the juice only of the lemon. Remove the peel, and pour the water into the mixture, beating well. Butter a pie-dish, turn the mixture in, and bake for fifteen minutes. Pile whisked white of egg on top, dust sugar over and return to the oven to brown.

MONTVILLE PUDDING.

Take 2 oranges, 1 lemon, 3oz. of suet, $\frac{1}{2}$ lb. of treacle, $\frac{1}{2}$ lb. of flour, 1 teaspoonful of carbonate of soda, 2 tablespoonfuls of brown sugar. Mix the grated rind of the fruit with the other dry ingredients (the suet must, of course, be chopped fine), warm the treacle, and add that, with the juice of the fruit. Mix well, and boil steadily for 3 hours in a buttered pudding bowl.

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MAPLETON PUDDING.

Take 1 cupful of stale breadcrumbs, 1 pint of milk, 3 table-spoonfuls of sugar, 1 egg, 1 teaspoonful of butter, and 1 orange. Bring the milk to boiling point, pour it over the crumbs and stand it aside for thirty minutes. Beat together the sugar, butter yolk of egg, and the grated rind and the juice of the orange. Add this to the soaked breadcrumbs, mix thoroughly, pour into a buttered pie-dish, and bake until set. Beat the white of the egg to a stiff froth, fold in 1 teaspoonful of sugar, place it on top of the pudding, and return it to the oven for three minutes. Serve hot or cold.

FLAXTON PUDDING.

Grate the rind of 2 oranges on to 3oz. of castor sugar, squeeze on to the sugar the strained juice of 3 oranges and the juice of half a lemon. Mix 2 large teaspoonfuls of cornflour with $\frac{1}{4}$ pint of cold water. Put the sugar, the juice, and the mixed cornflour into a clean saucepan, and stir till it boils. Let it boil for two or three minutes, then turn out to cool. While it is cooling, take 3oz. of butter, and the same of castor sugar, and beat them together till creamed. Add to this two well-beaten eggs. Grate the rind of the third orange on to $\frac{1}{4}$ lb. of flour, to which add $\frac{1}{2}$ teaspoonful of baking powder. Mix well, then stir into the sugar, butter, and egg mixture. Now divide this evenly into three greased plates or open tart tins, Bake in a quick oven till a delicate brown, and until it feels spongy. Let these cool. Lay one cake on the dish in which it is to be served, and spread on it half the mixture you made for filling. Place on top the second cake, then the rest of the mixture, and cover with the third cake. Sprinkle castor sugar on top, and serve with boiled custard.

GOOSEBERRY PUDDING.

One pint of gooseberries, 1 teacup of milk, half a teacup of sugar, 1oz. of melted butter and some toasted bread. Pick over the gooseberries and stew gently in a little water for about 10 minutes. Toast some slices of bread a light brown, dip each piece into the milk and spread it with the melted butter. Cover the bottom of the dish with toast, put in a layer of gooseberries, sprinkle well with sugar and continue the layers until the dish is full. Cover closely and steam in a moderate oven for about 25 minutes. Remove cover and let pudding brown before serving.

BALLANDEAN PUDDING.

Very suitable for children because of its nourishing qualities, this is also popular among grown ups. For it, take a breakfast cupful of peeled and chopped apple—it must be chopped finely—4 tablespoonfuls of flour, 6 tablespoonfuls of warmed—not hot—butter, 1 cupful of soft white bread crumbs, or white cake crumbs, 1 egg, $\frac{1}{2}$ a cupful of stoned and chopped raisins, and a third of a cupful of sugar. Mix these ingredients well together, and pour the mixture into 6 small, buttered cups; cover them with buttered paper, and steam for one and a half hours. Turn the puddings out on to a hot dish, pouring some hot custard or white sweet sauce round them.

POMMES PIERROT.

Peel and core six large cooking apples, and cut each into eight pieces. Make a syrup by boiling together a cupful of sugar and half a cupful of water; put in the apples and let them stew until nearly tender. Then add 2 tablespoonfuls of butter or margarine, and let them continue to cook until the fruit has absorbed nearly all the liquid. Now add a cupful of thin cream, or rich milk, and let this heat gently over a low gas or fire. This needs careful management in order to prevent the apples cooking into a mash. When the cream is well mixed in and warm, put the contents of the pan into a china or glass dish; grate a little nutmeg or top, and serve while still warm. Plain biscuits of various kinds make a good accompaniment to this.

POMMES EN CASSEROLE.

After peeling and coring five large cooking apples, cut them in slices about a quarter of an inch thick. Place a layer of these in a buttered casserole, and spread the top with currant jelly. Repeat this process until the casserole is full, leaving the top layer one of plain apples. Cover closely, and bake until the apples are soft; then uncover them and sprinkle them generously with granulated sugar. Let this sugar melt, and brown slightly beneath the griller, or in a very hot oven; then take the dish from the oven and, when cool, arrange whipped cream on the top.

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THULIMBAH PUDDING.

Line a buttered dish with strips of sponge cake, that have been cut half an inch thick, and then dipped in milk and fried a light brown in a little hot butter. Peel and core three large tart apples—the sharper their flavour the better for this pudding—slice them into rings, and fry them also in the hot butter until lightly brown. Arrange half of the fried rings in the lined dish, and over them spread some strawberry jam of as liquid a kind as possible. Be generous with the syrup rather than with the berries, as it is needed to soak into the rest of the pudding. Repeat the layers of apples and jam, and then cover them with a good layer of the fried cake. Pour over all a beaten egg and a few spoonfuls of milk. Bake for half an hour in a brisk oven, and serve, either with cream or a well-made custard.

POMMES a La DAUPHINE.

Make a syrup by cooking together a cupful of sugar and half a cupful of water. Peel and core 4 large apples and stew them whole in this syrup, turning them often during the time of cooking. When tender, drain them, and put them on to a buttered baking dish; fill the cavity in each with currant jelly, and put a small piece of butter on top. Bring a pint of milk to boiling point, and pour it over 3 slightly-beaten eggs; add 2 tablespoonfuls of sugar, a pinch of salt, a little vanilla essence, and 4 large macaroons, crumbled fine. Pour this custard round the apples, and then bake in a slow oven until the custard is set. Serve very hot, and, if any syrup is left from cooking the apples, pour it over the top before serving.

RUSKIN PUDDING.

Make a nice plain suet or dripping crust, and line a pudding basin with a part of it, now fill the basin with pineapple neatly cut up, and a good sprinkling of sugar, and a few cloves, put in a cup of boiling water to which you have added the juice of 2 oranges, or 1 lemon, put the remaining pastry over the top of basin, tie down securely and boil two hours. This is nice served with cream or just plain milk.

GRANADILLA PUDDING.

Take granadillas, and peel them, using shells and seed mixed, and put into pudding basin that you have already lined with a nice suet or good dripping crust, fill right up and a

little above the top with the fruit adding as you do so a few cloves and a spoonful or two of sugar, or a tablespoonful of honey is delicious in this, add no water, now tie down your pudding, and boil well for two hours, a little custard cream goes well with this.

MARMALADE PUDDING.

For the making of this pudding mix in a basin a breakfastcupful of flour, a breakfastcupful of breadcrumbs, 2oz. of finely-chopped suet, afterwards adding a tablespoonful of sugar, and a teaspoonful of baking soda with the lumps pressed out. Then mix in 3 tablespoonfuls of buttermilk and 3 tablespoonfuls of marmalade. Put this mixture into a greased bowl, cover with a greased paper, and steam for two and a half hours. This makes a delightfully light and inexpensive pudding.

ORANGE ROLY-POLY.

First make a light suet crust of $\frac{3}{4}$ lb. of flour, and 5oz. of finely shredded suet, a teaspoonful of baking powder, and salt. Roll this out thinly and on it have a layer of sliced orange; thickly scatter over this fine bread crumbs and sugar. Wet the end, and roll up the roly-poly. Tie in a floured cloth, and boil steadily for three hours. Turn out to serve, and pour a good orange sauce round.

STRAWBERRY PUDDING.

Dissolve 1 heaping tablespoonful of powdered gelatine in $\frac{1}{2}$ pint of boiling water, add strained juice of $\frac{1}{2}$ a lemon, 6oz. of sugar, and $\frac{3}{4}$ pint of mashed strawberries; pour it into a wet mould lined with strawberry jelly. When firm turn out and decorate with whipped and sweetened cream and large, ripe strawberries.

BANANA AND ORANGE PUDDING.

Four bananas, 3 oranges, sugar, $\frac{3}{4}$ pint of custard made with custard powder. Peel the bananas and oranges, and remove all the pulp from both. Cut into slices crosswise and arrange in layers on a glass dish sprinkling each layer with sugar. Make the custard, and, when cold, pour over the fruit, and serve.

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FRUIT : AND HOW TO USE IT

SIMPLE DIETETIC PRINCIPLES.

1. Food should be pleasant to the sight and taste.
2. Eat slowly. Masticate thoroughly.
3. Do not wash down your food with water or any kind of beverage.
4. Cheerfulness is an important aid to digestion. The mind should be free from care, and the surroundings pleasant.
5. Avoid overeating.
6. There should be between five and six hours' interval between meals, and no food should be taken during this interval.
7. Make your list of foods balance as far as possible with about 10 per cent. protein, 25 to 30 per cent. fat, and 60 to 65 per cent. carbohydrate.
8. Eat few kinds of food at a meal, but vary the menu from day to day.
9. Food should be properly cooked to get the best results.
10. Do not eat late at night. The evening meal should be the lightest.
11. Eat green vegetables frequently in season.
12. Fresh fruits are very helpful in the diet.
13. Combine fruits, grains, and nuts.
14. Fruits and coarse vegetables are not a good combination.
15. It is better not to take large quantities of cane sugar and milk together.
16. Do not eat rich and complicated mixtures of food.
17. Flesh meats are expensive, they make the protein high, and are second-hand foods. Their place may easily be supplied by nut and other foods.
18. Avoid excessive amounts of salt.
19. Do not use pepper or other irritating condiments and spices in seasoning your food.
20. Tea and coffee are not foods, and should be entirely dispensed with.
21. Alcohol is a poison, and should be entirely eliminated from the menu.

Pies and Pastry

PINEAPPLE PIE.

Two cupfuls grated pineapple, 1 cupful water, 1 cupful sugar, 2 tablespoonfuls breadcrumbs. Line pie-dish with paste, mix pineapple, water, sugar, breadcrumbs, and yolks of 2 eggs; bake, and when cool beat up the white of eggs and put over pie.

APPLE AND PINEAPPLE PIE.

Line a deep plate with paste; chop a quart of tart, ripe apples, and mix with one-half cup of sugar, a pinch of salt and a level tablespoonful of dry flour; dot with bits of butter, and bake in a moderate oven until the apples are soft. Simmer until tender $\frac{1}{2}$ cup of grated pineapple; add $\frac{1}{4}$ cup of sugar and a few drops of lemon juice. Spread boiling hot over the pie and cover with a meringue made of the whites of 2 eggs and 2 tablespoonfuls of powdered sugar. Brown in a moderate oven.

FRENCH APPLE TART.

Half a pound of self-raising flour, 2oz. each of butter and currants, 3oz. of sugar, 1 egg, 3 large apples, and 2 tablespoonfuls of milk. Rub the butter into the flour, add half of the sugar, form into a stiff paste, with the beaten egg and milk. Roll the pastry out, and cover the bottom of a plate with it. Peel, core, and cut the apples into thin slices, add the remaining sugar and the currants. Place these ingredients on the pastry, cover with another layer of the pasty. Cut into eight sections before being baked, and bake three-quarters of an hour. Delicious, hot or cold.

ORANGE TART.

Line a shallow piedish with short crust. Ornament the edges and bake in a quick oven. Meanwhile prepare the filling. Grate the rind of a sweet orange into a basin, and the juice of 2 oranges, 2oz. of sugar, 1oz. of butter, and a pint of water. Boil together and then pour the mixture over a tablespoonful of conflour made into a smooth paste with cold water. Stir well together, then add the yolks of 2 eggs and pour the mixture into the tart. Bake in a quick oven until set. Before serving, cover the top of the tart with the whites of the eggs whipped to a stiff froth with a little white sugar.

EGG AND TOMATO PIE.

Place a layer of tomatoes in a greased pie-dish. Break 1 or 2 eggs on these (as for poaching), then add another layer of tomatoes, 1 or 2 more eggs and a few more tomatoes. Place brown breadcrumbs on top, with pieces of butter, add salt and pepper to each layer and bake in a hot oven for about fifteen minutes.

MINCE PIES.

Peel and core 6 large apples, stew them in a little water with 1 tablespoonful of sugar and 2 cloves, until tender. Strain away the juice and add $\frac{1}{2}$ lb. of currants, $\frac{1}{2}$ teaspoonful of powdered cinnamon, a small piece of butter, a little grated nutmeg, a few chopped sultanas, the grated rind of $\frac{1}{2}$ a lemon, and the juice of a small portion of it. Beat an egg and mix well. Line small patty-pans with ordinary paste, fill with the mixture, cover with more of the paste, and brush lightly with yolk of egg. Bake twenty minutes.

BANANA ROLLS.

Make a good short paste, cut into rounds, cut bananas in halves, roll each half in lemon juice and sugar, place on pastry roll up and bake in hot oven.

GRANADILLA PIE.

Proceed as above with the fruit, line a pie-dish with a nice short crust, and finish off the top with the same pastry rolled three times, this makes it nice and flakey, bake in smart oven for thirty to thirty-five minutes.

STRAWBERRY PIE.

Sweeten fresh strawberries, and fill a pie-plate lined with pastry. Put on an upper crust, making it rather thick, and do not bind or pinch the edges. When baked lift off the upper crust, and cover the fruit with the following custard: Cook $\frac{1}{2}$ pint of milk, add 1 tablespoonful of sugar, the beaten whites of 2 eggs, 1 level teaspoonful of cornflour moistened with a little cold milk for four minutes; then add 1 teaspoonful of strawberry essence. Replace the upper crust, and dust with powdered sugar.

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Salads

BANANA AND APPLE SALAD.

Three bananas, 4 apples, $\frac{1}{2}$ cupful peanut butter, $\frac{1}{4}$ cupful French dressing, 4 cupfuls shredded lettuce. Line a bowl with lettuce and slice bananas and apples, mix, and put on lettuce; mix peanut butter with the dressing and pour over.

CUCUMBER AND APPLE SALAD.

Use equal quantities of sliced apple and cucumber, sprinkle with lemon juice, pepper, and salt.

PINEAPPLE SALAD.

Line individual salad plates with crisp lettuce leaves, and in the centre place a slice of pineapple which has been peeled and cored. Fill the centre with mayonnaise and decorate with tomato slices cut into quarters. Sprinkle with chopped walnuts and serve with mayonnaise.

APPLE AND DATE SALAD.

Cut pared apples into tiny strips. Cut dates into similar pieces, using about one-fourth as much date as apple. To each pint of material add two tablespoonfuls of olive oil and turn the mixture over again. Let stand closely covered for half an hour. Turn into a bowl lined with lettuce leaves. Serve with bread and butter at luncheon or supper.

ORANGE SALAD.

Peel and slice some oranges and 1 lemon, and grate a little lemon-peel over the whole. Pour over it 1 glass of brandy, and grate a nutmeg over it. Make a syrup and pour over. Stand on ice or in a cool place for an hour, and then serve with whipped cream.

TOMATO SALAD.

Take 3 or 4 tomatoes, and after dipping them for a minute in boiling water remove the skins. Slice them nicely, and place in a glass dish, sprinkling over a teaspoonful of finely-chopped parsley. Mix in a small bowl $\frac{1}{2}$ a teaspoonful of sugar, $\frac{1}{2}$ a teaspoonful of salt, a shake of pepper, and $\frac{1}{2}$ a teaspoonful of made mustard. To these seasonings add 2 tablespoonfuls of cream (sour cream will do), and then mix in the yolk of an egg. Gradually mix in, drop by drop, a tablespoonful of vinegar. This dressing is poured over the sliced tomatoes.

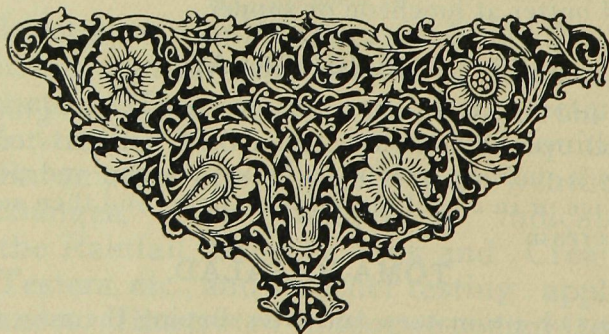
A PLAIN BANANA SALAD.

(To be used with cold meats.)

Slice bananas in dish, add an onion or 2, then mix together some vinegar, pepper, salt, mustard, and a spoonful or 2 of cream, if cream is not available, if liked, the yolk of an egg and a little salad oil may be used, or both of the articles may be done without, and just the vinegar, pepper, salt and mustard used and will be found a nice accompaniment to cold meats.

STRAWBERRY AND PINEAPPLE SALAD.

Take $\frac{1}{2}$ lb. each of fresh, ripe strawberries and of tinned pineapple cubes. Put them in alternate layers in a large glass dish. Boil $\frac{1}{4}$ lb of lump sugar with a pint of water to a thick syrup, and when this has partly cooled mix with 4 tablespoonfuls of the juice from the pineapple. Pour the liquor over the fruit, and stand in a cold place until wanted for use.



Beverages

PINEAPPLE SYRUP.

Keep the skins of your pines and boil slowly and well in plenty of water. Strain through cloth and add sugar to taste. This makes a delicious drink and retains all the medicinal qualities of the pine (oil of pineapple).

STRAWBERRY COCKTAIL.

One pint strawberries, 4 oranges, 4 teaspoonfuls powdered sugar. Slice the strawberries, squeeze the orange juice over them, set on ice to chill. To serve, put in fruit cups, add a spoonful of sugar to each, and a piece of ice (shaved).

RHUBARB WINE.

The wine should be made when the rhubarb is ripe. Into 1 gallon of boiling water cut 8lb. of rhubarb in thin slices, put into a tub, and cover closely with a thick cloth or blanket. Stir thrice daily for a week, then strain through a cloth, and add 4lb. of preserving loaf-sugar, the juice of 2 lemons and rind of 1. To fine this, take 1 oz. of isinglass, dissolve it in 1 pint of liquor in a china-lined saucepan. When quite cold, add it to the wine; and cask it. When the fermentation is over, bung it down.

PINEAPPLE BEVERAGE.

Cut up 3 small pines, rind and all, put into vessel, add 6oz. sugar and 2 gallons boiling water, 1 teaspoonful turmeric let stand till next day, bottle it, and cork with good corks, it will not be necessary to tie them; use in three days.

GRANADILLA BEVERAGE.

Take the seed part of the granadilla, put into vessel, to every pint seed add 2 quarts boiling water, and 1 teacupful sugar, and $\frac{1}{2}$ teaspoonful turmeric, set aside until next day, and bottle, cork well. This will be ready for use in two to three days, if liked it may be put into ice chest and used without being bottled.

ORANGE BEVERAGE.

Any kind of orange will do for this, to every pint of orange juice add the shells of 4 oranges, and 2 gallons of boiling water, 1lb. of sugar, 1 teaspoonful of cream of tartar, and 1 dessertspoonful of ground ginger (this latter may be left out if not available), put into vessel and leave it till next day, then bottle. This will be ready to use in five days and is a good keeper.

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ORANGE LEMONADE.

Put into a large tumbler 1 tablespoonful of icing sugar, the juice of $\frac{1}{2}$ a lemon and that of 2 oranges; then nearly fill the glass with crushed ice, and fill up with iced water or soda water according to taste, stir well and serve.

PINEAPPLE WATER.

Peel a medium-sized pineapple and cut it into pieces, pound it to a pulp, and mix with it 1 pint of boiling syrup and the juice of 1 lemon, and let it all stand covered for two hours; now strain, and add 1 quart of water, and ice.

LEMONADE IN LEMONS.

Prepare the lemons by cutting off the round ends of the fruit until they stand firmly and then cutting off the pointed ends about a quarter of the way down. Empty the lemons and scrape the insides well. Make a strong lemonade, sweeten to taste with powdered sugar, and chill well. Keep the lemon shells in iced water until needed, then wipe dry, and put two straws between each top. Fill the cups with lemonade, put on the tops and set each one on a paper d'oyley on a small plate in the serving plate.

NECTAR.

To 1 quart of grape or strawberry juice add a syrup and the juice of 4 oranges. Serve with 1 quart of seltzer water

GRAPE JUICE TONIC.

Put into each glass 3 tablespoonfuls of grape juice. Add 1 tablespoonful of crushed ice, the beaten white of an egg, and a little powdered sugar.

GRAPE MINT PUNCH.

Have a block of ice about six to eight inches square and smooth the top and sides with a hot iron, arrange a spray of mint on top and return to the ice-box until the leaves are well adhered. Place in a punch-bowl and pour over this mixture 1 quart of grape juice added to a pint of syrup and the juice of 4 oranges.

BANANA SHERBET.

Four bananas, the strained juice of 2 lemons, 1lb. of sugar, 1 quart of water, 1 gill of boiling water, $\frac{1}{2}$ oz. of powdered gelatine. Dissolve the gelatine with the boiling water. Boil the sugar and cold water for ten minutes, then add the gelatine. When this syrup is cool, add the lemon juice and the bananas rubbed through a sieve. Freeze in the usual way. Serve in dainty glasses, decorated with a preserved cherry on top of each glass.

BAKED APPLE DRINK.

Bake 6 good sized apples without peeling, place in a large jug, and pour over them 2 quarts of boiling water, while the apples are still hot. Cover all till cold, then sweeten to taste. Add a squeeze of lemon, strain, and serve.

STRAWBERRY SHERBET.

Take 1lb. of ripe strawberries and bruise them; mix with them the strained juice of 1 lemon and 1 tablespoonful of orange flower water, pour over them 3 pints of cold water, let them stand for four hours. Powder 1lb. of loaf sugar and put it in a separate dish, strain the strawberries over it, and stir until the sugar is dissolved; then add 2 teaspoonfuls of strawberry extract; put on ice until wanted.

Another Recipe.—Dissolve 1 tablespoonful of powdered gelatine in 2 pints of boiling water; boil 1lb. of sugar with 1 pint of water for eight minutes. When cool add $1\frac{1}{2}$ pints of strawberry juice and 1 gill of lemon juice, and freeze.

ORANGEADE.

One dozen oranges, $\frac{1}{4}$ lb. sugar, 1 quart of cold water. Peel 3 oranges very thinly, and boil with the sugar in $\frac{1}{2}$ pint of water. Press all the juice from the oranges through a fine sieve into a jug, add the syrup and $1\frac{1}{2}$ pints of cold water. Stir well, and stand in ice until required.

STRAWBERRY SHERBET.

One quart of strawberries, 3 pints of water, 1 lemon (juice only), 1 tablespoonful of orange flower, water, $\frac{3}{4}$ lb. white sugar; the strawberries should be very fresh and also ripe; crush to a smooth paste, add the ingredients, except the sugar; let it stand three or four hours, then strain over the sugar, squeezing the cloth well; stir until the sugar is dissolved; strain again, and set on ice some hours before using.

To Lessen Labour is to Lengthen Life

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WITCH SOAP

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Breakfast Dishes

SAUSAGES AND FRIED APPLES.

Prick the sausages well with a fork. Place in a deep frying pan; pour in enough boiling water to cover the bottom; cover, and cook over a moderate fire. When the water evaporates, remove the cover and turn several times, that they may be nicely browned. Turn on to a platter. Core a number of large, tart apples, cut them in rings an inch thick, and fry in the sausage fat. Garnish the sausage with the apples, and serve.

FRIED TOMATOES.

Take about 6 large tomatoes, cut each into not more than three thick slices, and stew gently. Drain off the juice and save it. When the tomato slices are dry as possible dip each piece in flour. Heat about 4 tablespoonfuls of bacon fat and put the well-coated tomato slices in it, sprinkle with sugar, salt, and pepper while they are cooking. Brown well on both sides, then remove with an egg slice. To the fat left in the pan add 3 tablespoonfuls of flour and stir till smooth. Add gradually the tomato juice mixed while cold with a cupful of milk. Stir constantly in the pan until thickened. Arrange the tomato slices on toast and pour this sauce over them.

TOMATOES IN BATTER.

Slices of tomato cooked in batter make a tasty breakfast dish. To make the batter, use 3oz. of flour, $\frac{1}{2}$ pint of milk, 1 egg, and seasoning.

TOMATO EGGS.

Take some nice large tomatoes, peel them, cut in half, and scoop out enough of the centre to make room for an egg to be broken in the space thus made. Dust over with salt and pepper, then bake in quick oven. Put a little dab of butter on each egg, then a sprinkling of cheese, and serve quickly.

PINEAPPLE AS A BREAKFAST DISH.

Slices of stale bread dipped in milk, a little pepper and salt sprinkled over them, then fry to a nice brown, slices of pineapple dipped in egg and then in breadcrumbs, fry in good hot dripping for about one minute, each side, then place on the fried bread and serve hot.

EGGS AND BANANAS.

Chop up fruit in small pieces or better still put them in something, say a billycan, saucepan, dish, or basin, anything you have to hand and mash them with the common potato masher, add 3 eggs to every dozen bananas, just give two or three stirs, put a lump of butter or some nice dripping in a fry pan, make it hot, then put in the mixture, while cooking give it a sprinkle of pepper and salt each side, turn once only, this is a good breakfast dish and may be eaten on toast or fried bread, and it takes but three or four minutes to cook.

BANANAS FRIED IN CRUMBS.

Peel 8 bananas, cut in halves lengthwise and crosswise. Sprinkle with salt, pepper, and lemon juice, dip in flour, brush over with well-beaten egg, toss in fine bread crumbs. Fry in smoking-hot fat to a golden colour. Drain on white paper, serve on a folded napkin. Garnish with slices of lemon and parsley. Serve with or without lemon or sherry sauce.

BANANA TOAST.

For banana toast make a hot sauce with 1 pint of boiling water, 1 tablespoonful of cornstarch, dissolved with a little cold water, 1 tablespoonful of butter, 4 tablespoonfuls of sugar, and a saltspoonful of salt. Boil till clear, stirring all the time, add 5 bananas rubbed through a sieve, stir and boil a minute longer, then pour over thin crisp buttered toast.

BANANA CANAPEES.

Slice 4 peeled bananas lengthways, and cut each in half. Fry these in hot butter, in a saucepan. Season with salt, pepper, and red pepper, and serve hot on well-buttered toasted bread.

BANANA PORRIDGE.

Mash 6 bananas finely, then mix 1 tablespoonful of corn-flour with a little cold milk. Add 1 pint of boiling milk to it. Stir in the banana pulp, adding sugar to taste. Boil the whole together for five minutes, stirring all the time till thick. Serve hot. Half quantity can be made.

Soups

TOMATO SOUP.

Take 1 pint of brown or white stock, 2 fair-sized tomatoes, 1 small rasher of bacon, 1 onion, little parsley and thyme, 1 dessertspoonful butter. Peel and chop the onion, slice tomatoes, put herbs in little bag. Fry bacon and get all fat out, then add onion and tomato and fry again, add to stock with herbs and pepper and salt, thicken with 1 dessertspoonful flour mixed smoothly with $\frac{1}{2}$ cup of milk, stir until it has boiled for 5 minutes, add butter. Serve hot.

PAPAW SOUP.

Take a ripe papaw, peel it, and take out seeds, now mash it into a pulp, add water, 2 quarts water to every 4lb. papaw, 2 large onions, pepper and salt to taste, a few shreds of carrot and turnip, if this is not available a few small pieces of green papaw and a ham bone, or a few bacon bones, these of course may be done without and the soup found most enjoyable.



FRUIT : AND HOW TO USE IT

WEIGHTS AND MEASURES.

4 saltspoonfuls equal	1 teaspoonful
4 teaspoonfuls equal	1 tablespoonful
2 teaspoonfuls equal	1 dessertspoonful
2 dessertspoonfuls equal	1 tablespoonful
8 tablespoonfuls of liquid equal	1 gill
6 tablespoonfuls of dry material equal	1 gill
2 gills equal	1 cupful
2 cupfuls or 4 gills equal	1 pint
4 cupfuls of liquid equal	1 quart
4 cupfuls of flour equal	1 quart
2 cupfuls of solid butter equal	1 pound
2 cupfuls of granulated sugar equal	1 pound
2½ cupfuls of powdered sugar equal	1 pound
2 cupfuls of milk or water equal	1 pound
1 tablespoonful of butter equals	1 ounce
2 tablespoonfuls of flour equal	1 ounce
2 tablespoonfuls of coffee equal	1 ounce

Butter the size of an egg means 2 tablespoonfuls and 2 ounces.

A tablespoonful of melted butter is measured after melting.

A tablespoonful of butter melted is measured before melting.

1 lb. flour equals	4 teacupfuls
1 gill equals	1 small teacupful
1 pint equals	2 breakfastcupfuls
1 gallon equals	16 breakfastcupfuls
1 dessertspoonful equals	2 teaspoonfuls
An ordinary sized egg weighs	2 ozs.
1 oz. dry substance equals	1 tablespoonful
1 oz. of butter or dripping equals	a dessertspoonful
2 cupfuls of granulated sugar equal	1 lb.
2 cupfuls of solid butter equal	1 lb.
2 cupfuls of milk or water equal	1 pound
1 pint of chopped meat equals	1 lb.

FRUIT : AND HOW TO USE IT

WEIGHTS.

The following weights are useful to know:—

A ½-penny and three-penny bits together weigh	$\frac{1}{4}$ oz.
A 2-shilling piece and a sixpence together weigh	$\frac{1}{2}$ oz.
Three pennies weigh	1 oz.
One tablespoonful of liquid weighs	$\frac{1}{2}$ oz.
One dessertspoonful of liquid weighs	$\frac{1}{4}$ oz.

TIME TABLE FOR ROASTING AND BOILING.

Roasting or Baking.

Beef, ribs or sirloin, rare	per lb.	10 mins.
Beef, ribs or sirloin, well done	per lb.	12 mins.
Beef, ribs or sirloin, boned and rolled	per lb.	12 mins.
Round of beef	per lb.	15 mins.
Mutton, leg, rare	per lb.	10 mins.
Mutton, leg, well done	per lb.	15 mins.
Mutton, loin, rare	per lb.	10 mins.
Mutton, shoulder, stuffed	per lb.	15 mins.
Mutton, saddle, rare	per lb.	10 mins.
Lamb, well done	per lb.	15 mins.
Veal, well done	per lb.	20 mins.
Pork, well done	per lb.	30 mins.
Turkey	per lb.	15 mins.
Fowls	per lb.	20 mins.
Chicken	per lb.	15 mins.
Goose	per lb.	18 mins.
Fillet, hot oven	per lb.	30 mins.
Ducks, tame	entire time	45 to 60 mins.
Braised Meats	entire time	3 to 4 hours.
Liver, whole	entire time	2 hours.

Boiling.

Mutton	per lb.	15 mins.
Potted Beet	per lb.	30 to 35 mins.
Corned Beef	per lb.	30 mins.
Ham	per lb.	18 to 20 mins.
Turkey	per lb.	15 mins.
Chicken	per lb.	15 mins.
Fowl	per lb.	20 to 30 mins.
Tripe	per lb.	3 to 5 hours.

Sauces and Fillings

SIMPLE SWEET MINCE MEAT.

To every pound of currants add 4 chopped apples, $\frac{1}{4}$ lb. suet, $\frac{1}{2}$ lb. sugar, and a little spice or cinnamon. Use hot water to wash the currants, and good apples.

APPLE STUFFING.

Mix together 1 pint of tart apple sauce, 1 small cup of breadcrumbs, some sage, one small onion finely minced, and some salt and pepper. This is delicious for roast duck or goose.

GOOSEBERRY SAUCE.

(For Roast Duckling.)

Quarter lb. of gooseberries, 1 oz. of moist sugar, 2 tablespoonfuls of water. Top and tail the gooseberries and put into a small saucepan with the water (cold). Simmer until quite soft, then stir in sugar and when it has dissolved rub the mixture through a wire sieve. Re-heat and serve in a tureen.

BANANA SAUCE.

The pulp of 4 bananas, $\frac{1}{2}$ pint of water, $\frac{1}{4}$ lb. of sugar, 3 tablespoonfuls of lemon juice, 2 eggs, a few grains of salt. Boil the sugar and water for ten minutes. Mix remaining ingredients and pour hot syrup on to them. Beat well and serve hot.

STRAWBERRY SAUCE.

Beat 3 tablespoonfuls of butter with 1 lb. of sugar to a cream, add the yolks of 2 eggs and 1 quart of mashed strawberries. Or, beat $\frac{1}{4}$ lb. of butter with $\frac{1}{2}$ lb. of sugar, then add 1 quart of mashed strawberries, $\frac{1}{2}$ pint of whipped cream, and the whites of 2 eggs stiffly beaten; mix all together, and beat well. Good served with pudding, cake, or pie.

Another recipe for strawberry sauce to serve with vanilla ice cream.—Crush 1 pint of strawberries, mix with them 1 lb. of sugar, stir until dissolved, then add 1 teaspoonful of strawberry essence and a few drops of red colouring, and set on ice till required.

Miscellaneous

TOMATOES AND MARROW.

Boil a medium-sized marrow till soft but not mashy. Cut it up in pieces and place in a piedish with layers of tomatoes cut in slices (about 1lb. will be sufficient), season with pepper and salt, and over all sprinkle some breadcrumbs and little bits of butter. Bake in a moderate oven for half an hour till the tomatoes are cooked. Serve as it is in the pie-dish.

CURRIED TOMATOES.

Cut some tomatoes in slices, bake or fry them lightly. Grate an apple, chop a piece of onion small, and fry in butter till quite tender. Add 2 large teaspoonfuls curry powder and a little good, thick gravy. Let it simmer for a few minutes, and then add tomatoes with a very little lemon juice.

LEMON YEAST.

Mix the juice of a lemon with 1 teaspoonful of sugar, and 1 of flour, and a pinch of salt; add a cup of warm water to it, and put it into a stone bottle. Cork tightly and put in a warm place. When first made it takes a little longer to work.

BANANAS AS A SUBSTITUTE FOR POTATOES.

Take bananas full grown but green, put into saucepan with boiling water and a lump of salt, boil well for thirty minutes; now take up and peel quickly and put them back into the saucepan, mash well, add a cut up onion, pepper and salt, some nice beef dripping and a half teacup of milk, stir well over the fire till piping hot and well mixed. Try this with curry instead of rice.

A GOOD HOT MEAL FOR POULTRY.

Any waste small ends of the bunches of bananas may be boiled in plain water, then drained, and chopped up, and given to the fowls while it is hot; will quickly replenish the egg basket. It may be varied by the addition of meal or cracked corn, and any old dripping that is going to waste.

ODD ENDS.

Put the green fruit through a slicer or chopper or a clean sharp spade will do, dry thoroughly and put in tins, or bags for future fowl food. This is an ideal food for fowls.

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TAMIL TEA

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These Essences are of highest quality and the smallest quantity gives a splendid flavour.

PROCURABLE AT ALL STORES.

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BRISBANE

BANANA YEAST.

Put two well ripe bananas in a jug, pour on a teacupful of boiling water, when just warm, strain or just pour it off and mix with it 1 tablespoonful of sugar, $1\frac{1}{2}$ tablespoonfuls of flour, mix well and put in bottle, if bottle is new this will be ready in two days, if seasoned it will be ready in six to eight hours. This quantity will make 18lbs. bread.

For the Bread.

Put flour in large bowl, mix in salt required, now make a hole or bay in centre, pour in yeast; now have ready sufficient warm water to make straight away into bread dough, always mixing from the side of the bowl, never from the centre, this may be done in the evening, next morning it should be ready to knead up in the bowl, let rise again, then make it into loaves and put it in tins and bake when again risen.

TOMATO BUTTER.

Peel and cut up tomatoes, and stew till soft. Press through a sieve, return to fire and cook until reduced one-half. Then add an equal amount of stewed apple and to each quart of the mixture add 1 c. sugar. Some spices and the juice and rind of 1 lemon may be added if desired. The lemon rind should be removed before sealing. Cook until of the desired consistency then, while hot, seal in jars.

TOMATO FIGS.

Scalt and skin 8lbs. of small size yellow tomatoes. Add 3lbs. brown sugar and cook without water until the sugar penetrates and tomatoes are clear. Then take out fruit and spread on platters and dry in sun. Sprinkle over a little syrup while they are drying. Pack in jars or boxes with layers of powdered sugar between. Fruit prepared in this way will keep for any length of time, and may be used in place of figs.

FISH AND TOMATO.

..

One pound filleted fish, $\frac{1}{2}$ lb. tomatoes, pepper, salt, lemon juice. Cut fillets in half, season and arrange on a buttered tin alternately with sliced tomato, pour over a little warm water, cover with a buttered paper, and cook in oven for twenty minutes. Arrange on a hot dish, stir a little brown sauce and a piece of butter into stock in tin, boil up, and pour over contents of dish.

LEMON CHEESE (Economical).

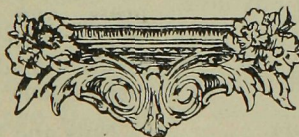
One egg, 1½oz. of sugar, 1 lemon, 1oz. of floury potato. Beat the egg yolk with the sugar, grated lemon, rind, and potato, till thoroughly blended and smooth. Add the lemon juice and the white of the egg beaten to a stiff froth. This must be used at once.

CURRIED BANANAS.

Six green bananas, ½ cup desiccated cocoanut, 2 table-spoons curry powder, 1 teaspoon Worcestershire sauce, 1 teaspoonful anchovy sauce, 1 pint milk, 1 egg, little cayenne, salt. Put the cocoanut in a basin, and pour over it the milk; allow it to stand 1 hour. Then put it into a saucepan with the other ingredients. Peel and slice the bananas and add to curry. Allow it to simmer for ten to fifteen minutes, and just before serving beat up the egg and stir in. Serve with boiled rice.

TOMATO OMELETTE.

Six eggs, a wine glass of flour, 4 ripe tomatoes, pepper and salt to the taste, milk sufficient to mix the flour smoothly. Beat the eggs very light, stir in the mixed milk and flour, peel and chop the tomatoes, and add with the pepper and salt. Have a pan with some hot butter, pour in the mixture and fry it. When done it may be lapped half over or not, according to the fancy. Do not turn it.



Hints About Food Combinations

Simplicity is the keynote of diet reform. "Let your moderation be known unto all men," is a wise injunction to the eater. Simple foods taken so far as possible in the natural state, with an abundance of good water, proper periods of exercise and rest, and a happy, contented state of mind—this is the only prescription many people need to bring them health.

Grains, fruits, nuts, and vegetables, prepared in a simple and attractive manner, constitute the ideal diet. When a perverted appetite has been reeducated, this diet will prove appealing.

"Eat in due season, for strength and not for drunkenness."

"Eat to live, but do not live to eat."

Both fruits and vegetables combine well with grains and nuts. Milk combines well with both grains and vegetables.

Protein foods, such as beans, nuts, eggs, etc., are concentrated, and should be taken with moderation. One dish of this sort of food is sufficient at a meal.

The requirement of the body for fats is small. It is advisable to take the necessary fats uncooked, as they may be obtained from ripe olives, nuts, nut and grain oils, and butter.

Avoid the use of complex mixtures. They tax the powers of digestion. Eat a small variety at each meal, and vary the combinations from meal to meal.

Raw Foods as Salads.

Lettuce, cabbage, cucumbers, carrots, greens, and onions are so nearly alike in food value that they may be eaten in a variety of combinations at the same meal, and may be counted as one food. Salads made from these vegetables, or from fruits, are ex-

cellent because of the vitamins content and mineral salts, and they also furnish the bulk necessary to good digestion and proper elimination.

Such salads, eaten with lemon juice or with an oil dressing, are wholesome and appetising. Train yourself to take salads in preference to rich desserts. In case something sweet is necessary, eat a few figs, dates, or raisins.

Poor Combinations.

Avoid mixtures of sugar, eggs, and milk. Sugar with milk or cream on cereals is a cause of fermentations.

Acid fruits with coarse vegetables, and acid fruits with milk, are a poor combination.

Acids combined with starches before mastication, disturb digestion.

This combination is often found in fruit pies, and makes them objectionable.

Points to Remember.

Vegetables should be so cooked as to preserve the vitamins and mineral salts, and then they are delicious served plain. Just before serving, they may be dressed with a little butter or cream. They are much more easily digested than if cooked in grease.

Home-ground wheat, rye, and corn preserve the vitamins, the mineral salts, and other valuable food elements, which are largely destroyed by modern methods of milling, and by the use of soda and baking powders.

Nuts and legumes will take the place of meat and eggs, and with them no poisons or wastes are taken into the body.

Malnutrition is more often due to the use of the wrong foods, devitalised foods, and foods improperly combined, than to the lack of food.

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